

LESMILLS  
**GRIT**™

CARDIO



RELEASE

08

**LIVE IN VENICE BEACH, CA**

**FEATURES:**

EXERCISE AND PREGNANCY  
THE STAGES OF CHANGE

# 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™ 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

LES MILLS GRIT™ is hardcore. There's no question! So like the greatest coaches, the people who choose to teach LES MILLS GRIT™ have gotta be pretty hardcore too.

If you want to truly inspire people to push their boundaries physically, you want to be pushing your own boundaries. Get out of your comfort zone when you're teaching, be the best inspirational athletic and physical role model you can be.

What does this mean in terms of preparation? It means a lot of work. If you practice with heavy weights, big jumps and a huge heart, you WILL become the kind of coach your team needs to achieve their personal goals.

## 3. SAY

**What do you NEED to say?**

- Technique and safety cues
- Cues for quick set ups and to organise equipment and positions
- What to expect in the next block
- Highly motivational and encouraging cues
- Cues for recovery i.e. when it's coming up

Basically you are setting people up with enough to get them safely and quickly into a move without a long transition, and then you are motivating them.

**PRETTY SIMPLE WHEN YOU PUT IT LIKE THAT.**

**Suggestions:**

- Work hard at creating a super succinct script; short sharp cues
- Practice saying your script while you practice physically
- Be clear, precise and highly motivational
- Move around the room and use great role models in class as demos so you can coach others

## LES MILLS GRIT™ CARDIO 8

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### 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 the workout 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.



# EXERCISE AND PREGNANCY

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Exercise and pregnancy is a hotly debated topic, and it's really important that we know what to advise our pregnant members. Although high-intensity training such as LES MILLS GRIT™ is not recommended when pregnant, this Education session will explore the benefits of other forms of exercise for expectant mothers, and explain how they can stay safe while being active.

*Remind your participants to seek advice from their obstetric caregiver. The advice of their doctor should always be the first consideration when undertaking exercise while pregnant.*

Recent guidelines<sup>1</sup> encourage participating in regular exercise before, during and after pregnancy for both active and sedentary women. They emphasize that pregnancy - and the associated physiological changes - are no longer seen as limitations; this is not the time to be confined to the couch! Even those who have been previously inactive are encouraged to take up some form of exercise, and make some healthy lifestyle changes.

So why, for those few months of your life when all you want to do is sleep and eat donuts, do we have to eat really well and exercise?

## BENEFITS OF EXERCISE

- Maintaining a good level of fitness will set you up for an easier, shorter labor with better recovery and fewer chances of complications.<sup>3</sup>
- Training your abs during pregnancy will lessen the degree of abdominal wall separation too – a condition which can cause lower back and pelvic pain.<sup>2</sup>
- Exercise helps normalize the birth weight of your baby. This is important as heavy babies are more likely to develop illnesses such as obesity, metabolic disease and cardiovascular disease later in life.<sup>4</sup>
- Staying physically active helps you avoid getting Gestational Diabetes Mellitus (GDM) - a type of diabetes that can occur during pregnancy. This condition puts you at greater risk of complications, and makes you more prone to developing type 2 diabetes in the future. Women with GDM are also more likely to deliver large babies, who may subsequently suffer from childhood obesity and metabolic disorders.<sup>4</sup>
- Problems with high blood pressure – known as hypertensive disorders – can cause issues like pre-term delivery and is the leading cause of maternal mortality also. Studies have shown that being active during pregnancy can help to prevent these complications as well.<sup>4</sup>

Other benefits include having babies that are alert, calm, self-quieting and better able to cope with the stresses of labor.<sup>3</sup> On the other hand, neglecting exercise and gaining too much weight during pregnancy can place extra stress on the joints and contribute to an increase of lower back pain.<sup>3</sup>

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## SO, WHAT'S OUR ADVICE?

The following programs are not recommended during pregnancy:

### **BODYCOMBAT™**

We don't recommend BODYCOMBAT™ because of the joint instability. The release of hormones such as oestrogen and relaxin can result in joints being less stable – so the kicks in BODYCOMBAT™ may aggravate the hips and pelvis.

### **LES MILLS GRIT™**

LES MILLS GRIT™ is a high-intensity workout for people who are wanting to really take their fitness to the next level. Pregnancy is not the time to be pushing the body to its limits.

The rest of our programs should be OK to continue with, but with the following modifications:

### **CXWORX™**

Working the core in CXWORX™ should be safe in the first and second trimester and has been shown to minimize disruption of the abdominal wall during pregnancy.<sup>1</sup> You can offer the option for them to work the abs in four-point kneeling, supporting themselves on their elbows (ensuring they keep their chest lifted) or rolling over to do Hover or Plank work when it's no longer comfortable for them to lie flat on their back.

### **BODYATTACK™ and BODYSTEP™**

If they have regularly attended these classes prior to their pregnancy, then these programs should be safe to continue. A few suggested modifications include:

- Taking low-impact options in BODYATTACK™.
- In BODYSTEP™, decrease the number of risers and take low-impact options. Ensure they have a stable base of support by ensuring that the foot is always planted firmly on the step every time and by keeping a slightly wider base of support.

### **BODYPUMP™**

Participants should set their bench to an incline.

### **RPM™**

Participants should modify their intensity by taking regular breaks, reducing resistance and avoiding standing positions on the bike when they feel it is necessary.

### **BODYVIVE™ AND**

### **BODYBALANCE™/BODYFLOW®**

Both programs can be started for the first time during pregnancy, and are ideal for making healthy lifestyle changes.

**Check out the DVD for some great demonstrations of these options.**

## SO WHAT CAN YOU TELL YOUR PREGNANT MEMBERS?

- Exercise is really important for a healthy mother and baby
- Do whatever you have been doing, reducing intensity when you, and your doctor, think you should
- Drink plenty of water
- Wear comfortable, cool clothing
- Don't lie on your back
- Remember to consult your caregiver about your plans for exercise



### REFERENCES:

1. Artal, R. and O'Toole, M. (2003) Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *Br J Sports Med*, 37: 6–12.
2. Benjamin, D.R., et al. (2014) Effects of exercise on diastasis of the rectus abdominis muscle in the antenatal and postnatal periods: a systematic review. *Physiotherapy*, 100 1–8.
3. Piper, T.J. Core Training Exercise Selection During Pregnancy. *Strength and Conditioning Journal*, Vol. 34, No. 1, February 2012.
4. Mudd, Lanay M. Health Benefits of Physical Activity During Pregnancy: An International Perspective. *Medicine & Science in Sports & Exercise*, July 2012.

# SMARTSTART

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## Hey Coaches, wanna pack your workouts?

There's a big group of people out there who need our help - and you'll often find them in the back row trying not to be noticed. By using some simple, proven tools to take care of this group you can get them hooked into fitness and, at the same time, grow your workout numbers.

Statistics tell us that 50% of people who join gyms will drop out within the first 6 months.<sup>1</sup> We need to look after the back row, because it is this group that we are most at risk of losing. Over the next 12 months we'll be giving you tips and tricks to make sure you have the tools to look after the new people in your workouts. We've also developed a bunch of resources for participants to help them on their journey to fitness. We've called this body of work "SmartStart", and it'll always be labeled like this:

# SMARTSTART

Les Mills has conducted in-depth research into beginners' adherence to exercise, and we now know that the key to great results is starting slowly. As coaches, this means giving new people the option to leave after the first 20 minutes, as well as taking an interest in their training schedules; the optimal mix is cardio, strength, core training and flexibility.

Getting started doesn't mean running a marathon on day one. Or even month one! Encouraging people to ease their way into exercise means they are more likely to stick with it for the long haul.

Read the first of our education series on the following page to gain great insights into just what these new people are going through.



# STAGES OF CHANGE

There are 6 stages of change that people experience when they move from sedentary behavior to taking up exercise.

## THE STAGES OF CHANGE

1. **PRECONTEMPLATION** Not currently active and don't intend to become active in the immediate future: I WON'T and I CAN'T stage.
2. **CONTEMPLATION** Not currently active, but intending to become active at some point in the next 6 months: I MIGHT stage.
3. **PREPARATION** Not regularly active but preparing to begin exercise within the next 30 days: I WILL stage.
4. **ACTION** Currently participating in exercise, but at risk of returning to their previous inactive state: I AM stage.

5. **MAINTENANCE** Active for at least 6 months, exercise has become a stable part of their life; I HAVE stage.
6. **TERMINATION** or **RELAPE** Either a permanent change has been made or people will regress to an earlier stage – at which point they will either give up or have to start again.

The challenge for you as a coach is to guide people through these stages – making the job easier for them and understanding how vulnerable they are of returning to their previous inactive lifestyle.

## THE KEY FACTOR – SELF-EFFICACY

The key factor in how likely someone is to progress through these stages of change is their level of self-efficacy.

## SELF-EFFICACY = CONFIDENCE

Self-efficacy is the confidence someone has in overcoming obstacles and resisting temptation (to return to their previous behavior) in order to reach their goals. Studies have shown a consistently positive relationship between self-efficacy and progress through the stages of change<sup>2</sup>; the higher their level of confidence, the greater the likelihood that individuals will achieve their goals. So, the secret to looking after the back row in your workouts is to keep their confidence HIGH... how do we do this?

### 1. THEY CONTROL THEIR WORKOUT

Allow your members to manage both the duration and intensity of their training. Trying anything new can be intimidating and – as you now know – the key to success is to start slowly and feeling like you're in control.

### 2. FREQUENCY BEFORE INTENSITY

It's more important to just get people into the habit of exercising, before you start yelling at them to work harder. Remember to offer people options so they can tailor the workout to their ability, and ensure you present these modifications in a positive way – allowing them to feel good about what they can do, rather than making them feel like they can't keep up.

### 3. CELEBRATE THE IMMEDIATE WINS

Focus on the gains that occur as soon as people become active: increased energy levels, feeling more positive, or the endorphin high you get straight after a workout. These things happen straight away, and are much better to focus on than long-term aesthetic goals like getting a smaller butt!

Combining these 3 tools will reduce anxiety around exercise – increasing people's confidence and helping them reach the stage whereby physical activity is a permanent feature in their lives.

**REMEMBER:** Instil confidence, give people control, and celebrate every small step of their journey to fitness. Because if we stand for a fitter planet, this means everyone – not just the front row.

#### REFERENCES:

1. Armitage, C. J. (2005). Can the theory of planned behavior predict the maintenance of physical activity. *Health Psychology*, 24(3), 235–245.
2. Jackson D, How Personal Trainers Can Use Self Efficacy Theory to Enhance Exercise Behavior in Beginning Exercisers. *Strength and Conditioning Journal*, Volume 32 Number 3 June 2010.

# TRAINING PROFILE

| TRACK | TRACK NAME         | TRAINING TECHNIQUE              | PROGRAM SPECIFIC<br>or MIX AND MATCH |
|-------|--------------------|---------------------------------|--------------------------------------|
| 1     | Accelerated Warmup | Neuro Muscular Pre-conditioning | Program Specific                     |
| 2     | Pyramid Challenge  | Speed Based Threshold Training  | Program Specific                     |
| 3     | Coach Calls        | Speed Based Agility Training    | Mix and Match                        |
| 4     | Circuit 5/10/15    | Speed Circuit                   | Program Specific                     |
| 5     | 1-Minute Challenge | Metabolic Kicker                | Mix and Match                        |
| 6     | Core               | Athletic Core Training          | Program Specific                     |



# WORKOUT STRUCTURE

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LES MILLS GRIT™ uses 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.

# NEW RELEASES AND FAQs

Hey team! We filmed these releases on the basketball courts at Venice Beach, California. Venice Beach has an awesome culture that is heavily influenced by fitness – surfing, skating and of course the iconic muscle beach and Gold's gym. So we took LES MILLS GRIT™ to this fitness mecca!

Sit back and have a careful read of the information below. There's lots of important stuff in here that you need to know to ensure you teach the program effectively.

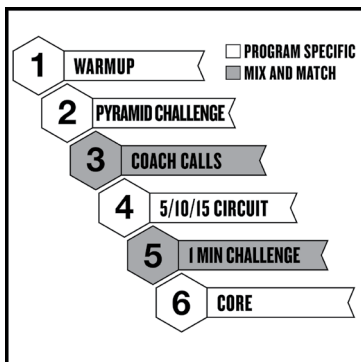
## THE NEW RELEASES

### MIX AND MATCH

#### TRACKS TO MIX AND MATCH: 3 AND 5

You can mix and match certain tracks within releases if your club is licensed to use more than one LES MILLS GRIT™ program.

In these releases the mix-and-match tracks are Tracks 3 and 5 (see below).



Whatever track you begin the workout with dictates the type of workout it is. For example, if you coach Tracks 1, 2, 4 and 6 from Cardio, Track 3 from Plyo 11 and Track 5 from Strength 11, this would be a Cardio workout.

As a coach, this gives you a huge amount of variety – so have fun mixing things up!

### MUSIC

To make mixing and matching super easy, always use the music specific to the core program you are coaching. Use the music from the core program and only switch exercises for the mix-and-match tracks.

For example, if coaching a Cardio workout, you could use Cardio music for Tracks 3 and 5 and mix with the exercises from Strength.

### EQUIPMENT

If the mix you are using involves setting up different equipment for later tracks, it is important that you make this clear at the beginning of the workout. You may stop the music for a max of 30 seconds to set up, but no longer than that as intensity levels will drop.

### COMPETITION TRACKS 4 & 5

In these releases there are two opportunities to compete: Tracks 4 and 5.

You'll see a new competition sheet in your kit, or in your digital file. This sheet is specific to these new releases.

# FAQs

## CAN I MIX AND MATCH TRACKS FROM DIFFERENT QUARTERLY RELEASES?

NO! Each quarter, the releases are structured differently. You can only ever mix within releases (eg LES MILLS GRIT™ Strength 11, LES MILLS GRIT™ Plyo 11 and LES MILLS GRIT™ Cardio 08), and only the allocated tracks stated in the choreography notes (eg in these releases the mix-and-match tracks are Tracks 3 and 5).

## WHY SHOULD I ENCOURAGE PEOPLE TO RECORD THEIR REPETITIONS?

Competition is a great way of building a community (where people compete with themselves or each other in the correct environment). It's an awesome way for participants to measure their individual progress and strive towards new fitness goals. As a coach, this also gives you another touch point with your participants. We know that competition is popular with millennials (people born between 1980 and 2005); it's key that we engage this generation as we move towards the future of fitness.

## HOW DO I RUN THE COMPETITIONS?

The first thing you need to do is get the competition sheet to your participants. Either email them a PDF for the relevant workout ahead of time so they can print it out and bring it to their workout themselves, or make sure you have some copies that you take with you to hand out. You'll also need pens. Ask your club if they'll support you by providing the sheets and some pens at reception.

One option could be to run the competitions as a baseline at week 1 and again at a later week, say week 4, 6 or 12, coaching the same workout to check progress.

Participants should keep their competition sheets so they can track their progress over time; however, it's even better if you get creative and run leader boards in your club to really build the LES MILLS GRIT™ community. Being creative about having the chance to compete is a great way of adding value for participants, and inspiring them to achieve their goals.

Remember that competing is just an option, and that participants can enjoy the workouts without having to record repetitions. We would also love to hear feedback about what you are doing in your club, and the awesome things you're doing to make these competitions really 'go off'! Please send your feedback to [blah@lesmills.com](mailto:blah@lesmills.com).

## SPREAD THE LOVE

We now have over 100,000 fans on the LES MILLS GRIT™ Facebook page! Are you one of them? Encourage your participants to join us too.

 [facebook.com/LESMILLSGRIT](https://facebook.com/LESMILLSGRIT)

## LES JNR

# LES MILLS GRIT™ CARDIO

**1**

## Accelerated Warmup

| MUSIC | EXERCISE                                   | REPS |
|-------|--------------------------------------------|------|
| 0.00  | <b>Jog OTS</b> (knees forward)             |      |
| 0.35  | <b>Backward-Stepping Lunge</b> L+R         | 4x   |
| 0.50  | <b>Backward-Stepping Lunge</b> L+R – lower | 4x   |
| 1.05  | <b>Squat Burpee</b> – slow                 | 4x   |
| 1.35  | <b>Squat Burpee</b> – fast                 | 4x   |
| 1.50  | <b>Pushup</b>                              | 15x  |
| 2.20  | <b>Backward-Stepping Lunge</b> L+R         | 4x   |
| 2.35  | <b>Jumping Lunge</b> L+R                   | 16x  |

**COACHING TIP**

The main focus for LES MILLS GRIT™ Cardio workout is speed – moving as quickly as possible to drive the heart rate into an anaerobic training zone. In order to work safely at such intensities it is important to warm your team up sufficiently. During the Accelerated Warmup take your time introducing the moves that will feature throughout the workout. Make sure that when the next track hits, your team are ready to move, and move fast!

**CONNECTION**

Listen to what Roman says to get his team excited about the workout ahead. Be uplifting and set a positive vibe for the next 30 minutes. Let your team know that there will be options throughout the workout should they need to reduce the intensity. Remind them they can always take things at their own pace.

**DRIVE**

Use the Accelerated Warmup to identify those who are up for a challenge and those who may need more time to build their technique and confidence. LES MILLS GRIT™ delivers to all fitness levels and as the coach it's your job to bring out the best effort from each and every one of your team members.

**JOG OTS**

- Chest up – abs braced
- Relaxed arms

**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

**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**

**PUSHUP**

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

↓↓ **OPTION: ON KNEES**

**JUMPING LUNGE**

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

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

# 2

## Pyramid Challenge

| MUSIC | EXERCISE                                                                                                                                                                                   |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0.00  | Set up and demo exercises – Jumping Lunge and Squat Burpee                                                                                                                                 |
| 0.30  | <b>ASCENDING LADDER (1 min)</b>                                                                                                                                                            |
|       | 1x <b>Jumping Lunge</b> L+R, 1x <b>Squat Burpee</b> ,<br>2x <b>Jumping Lunge</b> L+R, 2x <b>Squat Burpee...</b>                                                                            |
| 1.30  | Recovery                                                                                                                                                                                   |
| 2.00  | <b>DESCENDING LADDER (1 min)</b>                                                                                                                                                           |
|       | From the number reached in the Ascending Ladder, try and work your way back down to 1 rep of each move. If you make it back to 1 before the time is up, stay on singles until the recovery |
| 3.00  | Recovery                                                                                                                                                                                   |
| 3.30  | <b>PYRAMID (2 mins)</b>                                                                                                                                                                    |
|       | Work up to the number of reps reached in the Ascending Ladder, then combine with the Descending Ladder and work back down to 1 rep                                                         |

### COACHING TIP

Explain the Pyramid Challenge: it's 3 working blocks, consisting of 2 moves. Setup time is short, so describe the Ascending Ladder straight away and demo the moves. Zoom in on speed and agility. Model good technique. Remind your team that their attention should be on building up their reps and maintaining good form even when fatigue sets in. Use the recoveries to explain how the Descending/Ascending phases work.

### CONNECTION

Develop your team's technique by telling them how to move faster. Nikki demos how to *"Use your abs to pull your feet back-in, fast, in the Burpee"* and then moves on the floor to ensure her team is doing it. As they begin to increase their speed, spend time with individuals to get them moving with precision and good technique.

### DRIVE

The number of reps individuals reach in the Ascending Ladder sets their bar for the next 2 working blocks. Push your team in the first phase so they don't limit their results for the rest of the track. Challenge them to get back down to the single repetition phase in the Descending Ladder. Coach speed and full range in the Pyramid to push your team into an anaerobic training zone. Tell them that this is the fastest way to shift their fitness.

### JUMPING LUNGE

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

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

### 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**

### HIIT SCIENCE

Goal setting is one of the key elements when generating behaviour change. Posting a score and beating it will deliver feelings of competence and will drive participants to their maximum speed and intensity.

| MUSIC | EXERCISE                                                                                                                                                                         |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0.00  | Demo Block 1 moves – Side Lateral Hop, Plank and Tricep Pushup                                                                                                                   |
| 1.00  | <b>BLOCK 1</b>                                                                                                                                                                   |
|       | Coach will call out moves at random –<br><b>Side Lateral Hop</b> ( <i>R foot</i> ), ( <i>L foot</i> )<br><b>Plank</b> ( <i>Plank</i> )<br><b>Tricep Pushup</b> ( <i>Pushup</i> ) |
| 2.00  | Recovery. Demo Block 2 moves – Fast Lateral Leaps and Fast High Knee Run                                                                                                         |
| 2.20  | <b>BLOCK 2</b>                                                                                                                                                                   |
|       | Coach will call out moves at random –<br><b>Fast Skater</b> ( <i>Skater</i> )<br><b>Fast High Knee Run</b> ( <i>Run</i> )                                                        |
| 3.20  | Recovery                                                                                                                                                                         |
| 3.40  | <b>Repeat BLOCK 1</b>                                                                                                                                                            |
| 4.40  | Recovery                                                                                                                                                                         |
| 5.00  | <b>Repeat BLOCK 2</b>                                                                                                                                                            |

### COACHING TIP

Coach Calls is about reaction training, testing mental and physical quickness through 4 1-minute rounds of work, 2 exercises in each round. You have 1 minute to set your team up, demo the moves and explain how 'Coach Calls' works. Use the recovery between round 1 and 2 to remind your team of the next 2 moves. Give options early then your team will know how to keep moving with good form should they need to drop the intensity.

### CONNECTION

Sheldon epitomizes a true coach in this track. He keeps his team constantly on their toes which keeps their muscles guessing and dials the intensity right up. Push for more pace and quicker reaction times from your team in the second set of each round.

### DRIVE

When you're mentally focused you can push further physically. Keep your team hanging off your every word waiting for the call, ready to respond. Use time-cues as a motivator and keep your movement as fast as possible until the end of the track.

### HIIT SCIENCE

These 2 blocks deliver training benefits in the sagittal and frontal planes. Frontal plane exercises improve agility and when combined with speed, these movements enhance athletic ability.

### SIDE LATERAL HOP

- Knees bent
- Chest lifted – abs braced
- Jump foot side-to-side
- Soft knee landing
- Keep weight in ball of foot

### PLANK

- Hands under shoulders
- Back long, strong and straight
- Abs braced

↓↓ **OPTION: ON KNEES**

### TRICEP PUSHUP

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

↓↓ **OPTION: ON KNEES**

### FAST SHATER

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

### FAST HIGH KNEE RUN

- Chest up – abs braced
- Lift knees up to hip-height
- Hands above head
- Knees bent to absorb impact

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

**MUSIC    EXERCISE**

0.00 Set up Circuit and demo moves – Knee Tuck Butt Kick,  
Alligator Pushup and 90/90 Twist

**0.45    ROUND 1**

**Knee Tuck Butt Kick** x5

**Alligator Pushup** x10

**90/90 Twists** x15

Repeat as many times as you can in 2 minutes

2.45 Recovery

**3.30    ROUND 2 – REPEAT AS ABOVE**

5.30 Recovery

**6.15    ROUND 3**

**Knee Tuck Butt Kick** x5

**Alligator Pushup** x10

**90/90 Twists with Hands Overhead** x15

Repeat as many times as you can in 2 minutes

### COACHING TIP

You have 45 seconds to give your team the info, so keep it simple. Tell your team it's Circuit Training with 3 identical, 2-minute rounds. Demo the 3 moves. Explain how many reps are needed and how to count them. Fatigue will set in quickly in this track so give options early on – this is a big track and you don't want anybody missing out on the work. Get your team to master the skills in Round 1. Teach them how to do the moves better in Round 2. Get them to attack in Round 3 – no pacing! If they hit failure, coach them to stop and breathe and come back with speed!

### CONNECTION

Nikki connects with her team by acknowledging their exhaustion and telling them to be aware of how their bodies are feeling as they come into the final round of work. She reassures them that it's not wrong to be feeling how they're feeling. Your team will be sweating and their lungs will be pounding. Tell them it's a great place to be as they are really pushing their limits.

### DRIVE

Pose challenges right from Round 1. Ask how many rounds of the circuit they can get through in 2 minutes. You should know your time-cues really well so you can keep the team in an intense working zone and push them through to their recovery. Like Nikki does in Round 3, work the floor and make sure everyone keeps moving as a team through to the end.

### HIT SCIENCE

The Knee Tuck Butt Kick combo is a great sprint drill. The Knee Tuck trains core control and hip drive; while the Butt Kick fires the muscles of the posterior chain. When combined these two moves train explosive sprint speed.

### KNEE TUCK BUTT KICK

- Feet wide – chest up
- Knees out
- Brace abs as you jump
- Use your abs – tuck knees in towards chest
- Soft knee landing into Squat
- Drive out of Squat using arms
- Knees down, kick heels backwards to touch butt
- Abs braced to stop back hyper-extending
- Soft-knee landing

↓↓ **OPTION: SQUAT JUMP WITHOUT TUCK**

### ALLIGATOR PUSHUP

- One hand in Tricep position, other hand slightly wider than shoulders
- Chin tucked
- Brace core as you switch hands
- Back long, strong and straight
- Chest to elbow-height

↓↓ **OPTION: ON KNEES**



### 90/90 TWISTS

- Feet wide
- Chest up
- Abs braced
- Hands on thighs
- Use Squat to absorb landing
- Hands overhead and just forward of face for Round 3
- Jump Squat from corner to corner



# 5

## 1-Minute Challenge

| MUSIC | EXERCISE                                                                                                                                           |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| 0.00  | Set up Challenge and demo moves – Mountain Climber and Squat Jump                                                                                  |
| 0.45  | <b>1-MINUTE CHALLENGE</b><br><b>Mountain Climber</b> x10 (count every leg)<br><b>Squat Jump</b> x1<br>Repeat as many times as possible in 1 minute |

### COACHING TIP

Set up the 1-Minute Challenge move as clearly as you can, highlighting key technique cues such as “arms in for the Mountain Climber to activate the lats”. This is your team’s final cardio kicker in the workout so don’t let them waste it by taking it easy!

### CONNECTION

This track is incredibly fast so you need to get your team to commit to giving their fastest pace for the entire 60 seconds.

### DRIVE

Your team will be absolutely smashed from the previous track so simplify your coaching and lead from the front of the room. The most motivating thing for them at this point will be watching you lead them to the finish line, starting and finishing the workout as a team!

### HIIT SCIENCE

This block provides the last opportunity to push into your anaerobic zone. Using maximum speed will ensure that happens. The intensity in this track will determine how many calories you burn after the class is over.

### 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
- Turn the elbow to the rear to activate the lats

↓↓ **OPTION: HOLD PLANK POSITION**

### 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 bottom of Squat
- **Bent-knee landing**

| MUSIC | EXERCISE                       | REPS |
|-------|--------------------------------|------|
| 0.00  | Set up Side Hover              |      |
| 0.08  | <b>Side Hover</b>              |      |
| 0.23  | <b>Side Hover + Leg Lift</b>   |      |
| 0.32  | Set up Side Hover with Crunch  |      |
| 0.39  | <b>Side Hover with Crunch</b>  | 8x   |
| 0.53  | Set up Hover Jack              |      |
| 0.55  | <b>Hover Jack</b>              |      |
| 1.26  | Recovery                       |      |
| 1.28  | <b>Side Hover (other side)</b> |      |
| 1.43  | <b>Side Hover + Leg Lift</b>   |      |
| 1.58  | <b>Side Hover with Crunch</b>  | 8x   |
| 2.12  | Set up Hover Jack              |      |
| 2.14  | <b>Hover Jack</b>              |      |

### COACHING TIP

Reinforce for your team that a strong core will help improve the strength of the whole body and will help you generate speed. Convince your team to commit to the final few minutes by reminding them that maximum benefit will only come from solid core training.

### CONNECTION

Your goal is to keep the entire team moving right until the end, so they leave the workout feeling proud of what they have accomplished. So, give advanced and less demanding options to cater to all fitness levels.

### DRIVE

Change the tone of your coaching in this track and keep your team in the zone for the final part of their workout. They have come way too far to pull out now! Sweat it out with them to the finish.

### SIDE HOVER

- One elbow on ground for support
- **Elbow directly under shoulder** – forearm on floor
- Feet turned to side – bottom leg to the rear
- **Lift bottom hip up** and away from floor
- **Keep chest and hips square**
- Top arm extended
- **Chin tucked**

### SIDE HOVER + LEG LIFT

- Raise top leg slightly

### SIDE HOVER WITH CRUNCH

- Extend top arm over head and Crunch elbow to knee into center then extend back out
- **Keep hips up**

↓↓ **OPTION: BOTTOM KNEE DOWN**

### HOVER JACK

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

↓↓ **OPTION: ON KNEES, ALTERNATE FOOT TAP**



# NOTES



# NOTES

| TRACK |                                                                                                                                                                                                                                                                                    | ARTIST                     |      |
|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|------|
| 1     | <b>Circles (Original Mix)</b><br><small>© 2014 405 Recordings under exclusive license from Armada Music B.V. Written by: Rathburn</small>                                                                                                                                          | Audien feat. Ruby Prophet  | 3.13 |
| 2     | <b>City of Lights</b><br><small>© 2014 405 Recordings under exclusive license from Armada Music B.V. Written by: Miselli, Pioltelli</small>                                                                                                                                        | Lush & Simon               | 1.30 |
|       | <b>Home</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Unknown</small>                                                                                                                                                                                            | Shimmering Fast            | 1.30 |
|       | <b>City of Lights</b><br><small>© 2014 405 Recordings under exclusive license from Armada Music B.V. Written by: Miselli, Pioltelli</small>                                                                                                                                        | Lush & Simon               | 2.35 |
| 3     | <b>Platinum Chains</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Woods</small>                                                                                                                                                                                   | Colour Repeat              | 2.00 |
|       | <b>White Lies</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Unknown</small>                                                                                                                                                                                      | The Luminary Foundation    | 1.20 |
|       | <b>Platinum Chains</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Woods</small>                                                                                                                                                                                   | Colour Repeat              | 1.20 |
|       | <b>White Lies</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Unknown</small>                                                                                                                                                                                      | The Luminary Foundation    | 1.25 |
| 4     | <b>Overtime (Vicetone Remix)</b><br><small>© 2014 Big Beat Records Inc. Produced Under License From Atlantic Recording Corp. Written by: Hartman, J. Makhlouf, Frisch, A. Makhlouf</small>                                                                                         | Cash Cash                  | 2.45 |
|       | <b>Dear Life (Original Mix)</b><br><small>© 2014 Revealed Recordings, under exclusive license to Cloud 9 Music B.V. under exclusive license to Central Station Records <a href="http://www.centralstation.com.au">www.centralstation.com.au</a> Written by: Romers, Bright</small> | Dannic feat. Bright Lights | 2.45 |
|       | <b>Overtime (Vicetone Remix)</b><br><small>© 2014 Big Beat Records Inc. Produced Under License From Atlantic Recording Corp. Written by: Hartman, J. Makhlouf, Frisch, A. Makhlouf</small>                                                                                         | Cash Cash                  | 2.50 |
| 5     | <b>Moving On</b><br><small>© 2014 Monstercat. Written by: Stonebank, Flavell</small>                                                                                                                                                                                               | Stonebank feat. EMEL       | 1.50 |
| 6     | <b>Into You</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Unknown</small>                                                                                                                                                                                        | Screen Growth              | 3.10 |
| OUTRO | <b>Higher</b><br><small>© 2014 Les Mills Music Licensing Ltd. Written by: Unknown</small>                                                                                                                                                                                          | The Older Style            | 0.34 |

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# OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,500 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

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

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

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

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

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

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

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

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

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