

LES MILLS GRIT™ CARDIO

1

Accelerated Warmup

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

Circles > 3.13 mins

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	ASCENDING LADDER (1 min)
	1x Jumping Lunge L+R, 1x Squat Burpee , 2x Jumping Lunge L+R, 2x Squat Burpee ...
1.30	Recovery
2.00	DESCENDING LADDER (1 min)
	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	PYRAMID (2 mins)
	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.

City of Lights/Home > 5.35 mins

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

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 SKATER

- 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	1-MINUTE CHALLENGE
	Mountain Climber x10 (count every leg) Squat Jump x1 Repeat as many times as possible in 1 minute

Moving On > 1.50 mins

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	Side Hover	
0.23	Side Hover + Leg Lift	
0.32	Set up Side Hover with Crunch	
0.39	Side Hover with Crunch	8x
0.53	Set up Hover Jack	
0.55	Hover Jack	
1.26	Recovery	
1.28	Side Hover (other side)	
1.43	Side Hover + Leg Lift	
1.58	Side Hover with Crunch	8x
2.12	Set up Hover Jack	
2.14	Hover Jack	

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**

LES MILLS GRIT™

CARDIO

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