

LES MILLS
GRIT™ PLYO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

08



FEATURES:

- || LES MILLS GRIT™ SERIES - WORKOUT STRUCTURE
- || LES MILLS GRIT™ SERIES - COMPETITION INTEGRATION

COMPONENTS

1. STATE OF MIND

When it comes time to teach you have 2 goals:

- Lead an INTENSE workout
- Coach your TEAM

These are your foundations. Remember them.

Top suggestions for a LES MILLS GRIT™ Series frame of mind:

1. PRACTICE. You need to know your stuff
 - this gives you confidence
2. Praise for effort is essential
 - 'high fives', 'pats on the back' are key
3. Be AUTHENTIC & GENUINE
4. Engage with every single person in the room
5. Do it with the team
6. Circulate and coach each individual

2. SHOW

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

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

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

3. SAY

What do you NEED to say?

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

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

PRETTY SIMPLE WHEN YOU PUT IT LIKE THAT.

Suggestions:

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

LES MILLS GRIT™ PLYO

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The Fine Print

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TEAM COACHING

WORKOUT INTRODUCTION

Set your team up with enough information and mental toughness to get them through.

1. Let them know what is coming up, when they are going to rest and when they will power through
2. Demonstrate any initial moves
3. Let them know that they should work as hard as they can in each set because the key to LES MILLS GRIT™ is the breaks and recoveries. There are a lot of them. Go hard, it's why you're here
4. Say that this is THEIR individual challenge, they are competing with themselves, if they need to stop or slow down, do it. Next week you'll do 1 more rep, the week after that 1 more still. Work as a team to pull each other through!
5. Remind them that it is 30 minutes! And you can do anything for 30 minutes right?

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

1. SETUP

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

2. CONNECT

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

3. DRIVE

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

4. RESET

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

AND FINALLY...

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



TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE
1	Accelerated Warmup	Plyometric Pre-conditioning
2	Plyometric Challenge	Plyometric Anaerobic Training
3	Plyo Circuit	Plyometric Interval Training
4	Tabata Intervals	Plyometric Tabata Training
5	Plyometric Challenge	Plyometric Anaerobic Training
6	Core Track	Integrated Core Training

WORKOUT STRUCTURE

This LES MILLS GRIT™ release sees the introduction of 3 very different workouts. We're still using pre-set work and recovery intervals but the speed and number of reps completed in each block are determined by each member of the team.

This allows us to focus on power training – maximizing our muscle output to hit top-end training zones. That way, we will deliver the 3 key benefits that are exclusive to High-Intensity Interval Training (HIIT):

- Accelerated fitness gains
- Massive changes in body composition
- A prolonged EPOC effect.

We need to establish control to ensure we are safe and effective in each training block.

Each of the 3 LES MILLS GRIT™ formats – strength, cardio and plyo – uses simple, compound movements designed to train explosive power. Power training provides the path to intensity.

So what is power?

Power is the measure of work done in relation to time, ie how much you do and how quickly you do it. Power defines athletes. Athletic ability is not determined by either strength or speed individually but by how you combine those 2 variables. Power training is strength training performed explosively within the shortest possible time between the eccentric and the concentric phases of each contraction.

Power training requires less load (often just body weight) and uses very quick, explosive contractions to facilitate as many muscle fibers (particularly type 2 fibers) as possible. We can monitor power output by how far, and how quickly, we shift the load.

Speed and distance or range of motion will be a coaching focus for all of the moves you see in this LES MILLS GRIT™ release. However, power means nothing without CONTROL. For power training to be effective, the load must be kept in the muscles.

If these high-speed movements are absorbed by joint tissues, not only do we lose the training effect but we also run the risk of injury. Joint stability and control must be achieved before we train for power.

Setup Cues must, therefore, focus on joint alignment: putting the joints in the best position to receive load; stabilizing muscle contractions; ensuring that the joints are supported by the correct muscles. These elements must be established BEFORE we can utilize the effects of power.

Once we've set that sound foundation THEN we can start to train speed and distance.

As LES MILLS GRIT™ coaches, you MUST achieve this when coaching your teams. You need clear, concise Setup Cues to set the foundation and driving Follow-up Cues to increase speed and range of motion with constant monitoring so that you can determine who needs to push harder and who needs to pull back and revisit their setup or have a break for a few reps.

To do this effectively you need to be an expert in each of the 3 LES MILLS GRIT™ workouts. Organize your delivery so that it's clear, with no 'fluffy' language then get amongst your team. You are their personal trainer for that 30 minutes – you must stay focused.

Be driving and motivational while, at the same time, looking after each and every one of them as if you were training your best friend.

COMPETITION INTEGRATION

Welcome to new coaches who are joining us for the first time! We're excited to have you on board. For those of you who have been coaching for a while, we hope you and your members are enjoying the innovation we introduced last round. We've put together some information specific to these new releases, as well as some details that are relevant to this new format in general (the new format started with LES MILLS GRIT™ Strength 7, LES MILLS GRIT™ Plyo 7 and LES MILLS GRIT™ Cardio 4).

THE NEW RELEASES COMPETITION

You'll see a new competition sheet in your kit, or in your digital file. This sheet is specific to these new releases (LES MILLS GRIT™ Strength 8, LES MILLS GRIT™ Plyo 8 and LES MILLS GRIT™ Cardio 5).

In these releases there are three opportunities to compete: Tracks 2, 3 and 5. Track 3 stands alone, and Tracks 2 and 5 form a challenge that is repeated twice. This is a completely new format to the one we used in the previous round.

MIX AND MATCH

Tracks 1 and 3 dictate what the workout is scheduled as. For example, if you teach Track 1 from LES MILLS GRIT™ Cardio, you must also teach Track 3, and it should be scheduled as a LES MILLS GRIT™ Cardio workout. The other tracks can all be interchanged between these three new releases. For instance, you could teach Tracks 1 and 3 from LES MILLS GRIT™ Cardio (so it's a LES MILLS GRIT™ Cardio workout), and then teach Tracks 2 and 5 from LES MILLS GRIT™ Plyo, and Tracks 4 and 6 from LES MILLS GRIT™ Strength. This gives you a huge amount of variety, so have fun coaching the different combinations!

BONUS BLOCK

Part of the new structure includes being able to mix and match blocks of work from the three different workouts that are released in a round (see more information in the FAQs below). This round, we have gifted you Tracks 2, 4 and 5 from LES MILLS GRIT™ Plyo on the LES MILLS GRIT™ Strength DVD. This means that those of you who currently only teach LES MILLS GRIT™ Strength will have two workout options from the one kit. We want you and the members in your club to experience having such a wide choice.

MUSIC

The structure of the three workouts is the same; therefore, you can use music from any three of the workouts for any of the tracks. For example, you can use the Track 2 music from LES MILLS GRIT™ Strength 8, and do the moves from LES MILLS GRIT™ Plyo 8. This is to give you and your members greater variety once again!

FAQs ABOUT THE NEW FORMAT

HOW DO I RUN THE COMPETITIONS IN MY CLUB?

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

Members should be able to 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 or challenge other coaches' teams 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 members, and inspiring them to achieve their goals.

Remember that competing is just an option, and that participants can enjoy the workouts without having to count their repetitions as well.

We will include lots of tips and tricks for organizing these competitions over the next few months, so stay tuned! We would also love 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 choreo@lesmills.com

CAN I MIX AND MATCH TRACKS FROM DIFFERENT ROUNDS OF RELEASES?

No. Each series of releases is structured differently. For example, there were two opportunities to compete in round 7, and three in round 8. The structure of each release round is very different, so must be kept separate. You can only ever mix within a round (for example, block 1 from LES MILLS GRIT™ Strength 7 and block 2 from LES MILLS GRIT™ Plyo 7).

MY CLUB ONLY LICENSES LES MILLS GRIT™ STRENGTH - CAN I STILL TEACH THE BONUS BLOCKS?

Yes! We would love it if you and your club offered all three workouts to members; we've given you the bonus blocks as a taster so that everyone (including your members) can experience what the other workouts are like.

WHY IS GRIT™ BASED ON MOVEMENT TO BLOCKS OF TIME AND RECOVERY, AS OPPOSED TO WORKING ON THE BEAT?

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, having 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 three 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 deliver real team-training experiences – and that's a fundamental component of the essence of LES MILLS GRIT™.

WHY SHOULD I ENCOURAGE PEOPLE TO RECORD THEIR REPETITIONS?

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

WHY ARE THE WORKOUT NOTES WRITTEN AS THEY ARE?

We want you to keep it simple and train smart. You should find the workout 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!



Enjoy the new workouts and join us on Facebook – we're looking forward to receiving your feedback!

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LES MILLS GRIT™ PLYO

1

Accelerated Warmup

SET UP

- Bench set up vertically and a heavy plate

MUSIC		EXERCISE	REPS
0.05	2x8	Set up Forward Jumps	
0.12	10x8	Forward Jumps	20x
0.45	4x8	Set up Forward Jumps with a Plate	
0.58	7x8	Forward Jumps with a Plate	14x
1.22	1x8	Set up Lateral Bench Jump	
1.25	8x8	Lateral Bench Jump L+R	8x
1.52	4x8	Set up Plyo Tricep and Chest Pushup	
2.04	12x8	Plyo Tricep and Chest Pushup	6x

COACHING TIP

The Accelerated Warmup is about getting your body ready for the workout ahead. It introduces some complex moves that will be used throughout. Get your team's technique correct from Track 1 so they're getting maximum results from the get go!

CONNECTION

Be in control but be approachable. Let your team know that there's going to be some challenges ahead but to embrace them rather than fear them. There will be options that cater to everyone to ensure they all get the best workout possible regardless of what level of fitness they're at.

DRIVE

Use the Warmup to reinforce the benefits of High Intensity Interval Training. Stress the importance of not only hitting the peaks but using the recoveries to get the greatest effect from this type of training, changes in your fitness and body composition.

WARMUP SCIENCE

Plyometric training requires ballistic stability and control. These warm up patterns pre-condition our stabilising muscles allowing them to control our joints as we move into the high intensity phases later in the workout.

FORWARD JUMPS

- Feet hip-width apart
- Bend knees
- Jump forward with feet landing just outside hip-width – toes out slightly
- Drop butt down and back to just above knee level
- **Knees track forward in line with toes**
- **Chest up – abs braced**
- Jump back to hip-width
- Keep plate close to chest

LATERAL BENCH JUMP

- Place one foot (whole foot) on bench – other foot on floor
- **Bend knees**
- Drive off bench to across to the other side
- **Bent knee landing**
- Repeat to other side
- Add propulsion
- Use arms to drive

PLYO TRICEP AND CHEST PUSHUP

- Hands under shoulders on bench
- Chin tucked
- **Abs braced**
- **Back long, strong and straight**
- **Chest to elbow-height**
- Elbows in
- Abs braced as you walk or jump hands off the bench onto floor – slightly wider than shoulder-width in a Pushup position
- Chin tucked
- **Chest to elbow-height**
- **Abs braced**
- **Back long, strong and straight**
- Abs braced as you walk or jump hands under shoulders onto the bench

⇓ OPTION: ON KNEES

2

Plyometric Challenge

SET UP

- Bench set up vertically and a heavy plate

MUSIC

EXERCISE

0.00

Set up and demo Crossover Squat Press and Lateral Bench Jump

0.30

Crossover Squat Press L+R

1.30

Lateral Bench Jump L+R

COACHING TIP

You only have 30 seconds to set up the two exercises so use this time to give your team the essentials. Once the 2 minutes start, they'll be in their own training zone. Name and demo both the moves and remind your team to focus on technique and range of movement before they reinforce speed. Get them to do as many repetitions as they can in 2 minutes.

CONNECTION

Build your team up. Coach them through the first repetitions then when they've got the hang of the move, focus on speed. Tell them to take breaks when they need to – it's okay to feel smashed and to steal a few seconds to rest – your job is to encourage them to get back into the work as soon as possible!

DRIVE

Coach intensity. Remind the team to prioritise range of movement over speed and number of reps, after all, it's when they put in maximum effort that they'll experience the benefits. More range – more results!

HIIT SCIENCE

Height and speed unlock the door to more muscle fibre and a lactate response by the end of the 2 minutes. Achieving a high level of intensity in this block will set your team up for huge fitness gains from this workout.

CROSSOVER SQUAT PRESS

- Plate held high on chest
- One foot on bench
- Drop down into Squat
- **Chest up – abs braced**
- **Hips back and down**
- **Brace your abs as you press the plate above your head**
- **Elbows slightly forward**
- Elbows slightly bent at top of Press
- Bend and drive
- **Knees track forward in line with toes**
- Whole foot on the center of the bench as you drive across

⇓ OPTION: NO PLATE

LATERAL BENCH JUMP

- Place one foot (whole foot) on bench – other foot on floor
- **Bend knees**
- Drive off bench to jump across to the other side
- **Bent knee landing**
- Repeat to other side
- Add propulsion
- Use arms to drive

SET UP

- Bench set up vertically and a heavy plate

MUSIC**EXERCISE**

0.00 Set up and demo Diamond Squat with Plate

PLYO CIRCUIT

0.30 **Diamond Squat with Plate**

1.30 Recovery. Demo Tuck Jump and Butt Kick

2.00 **Tuck Jump and Butt Kick**

3.00 Recovery. Demo Plyo Tricep and Chest Pushup

3.30 **Plyo Tricep and Chest Pushup**

4.30 Recovery. Demo Scissor Lunge with Plate

5.00 **Scissor Lunge with Plate**

6.00 Recovery

6.30 **Repeat Plyo Circuit**

Trans Pacific/Superjam/Boss Wave/Boomerang/Keep On Telling Me > 12.03 mins

COACHING TIP

You've got limited time to let your team know what's coming, keep it simple! "4 exercises, 1 minute on each to perform as many repetitions as you can followed by a 30 second recovery. 2 rounds". Set them up with what equipment they'll need and demo the first move.

CONNECTION

Get your team to focus on form and range before speed. You will need to identify different fitness levels in the room and coach options accordingly. Spend time with those that need it, build up their confidence and focus on the idea of progression every week in their workouts. If individuals are competing, remind them that if they're counting reps, they need to be full range movements. Nat coaches this well, focusing on the depth of each move.

DIAMOND SQUAT WITH PLATE

- Plate held firmly in front of collarbones and parallel to floor
- Feet hip-width apart
- Jump forward with feet landing just outside hip-width – toes out slightly
- Drop butt down and back to just above knee level
- Knees track forward in line with toes
- Chest up – abs braced
- Jump back to hip-width
- Repeat Squat jumping backwards

TUCK JUMP AND 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 your Squat using your arms
- Knees down and kicking your heels backwards attempting to touch your butt
- Abs braced to stop back hyper-extending
- Hands overhead
- Soft knee landing

⇓ OPTION: SQUAT JUMP WITHOUT TUCK

The Butt Kick conditions the posterior chain and helps develop hip drive. These two components help you jump further and higher.

DRIVE

Sometimes doing the workout with your team says so much more than words. In round 2, be an example of athleticism to drive your team through the tough spots. Finish sets with them and let them know you can feel it too! Set them up with the equipment they need and demo the first move.

PLYO TRICEP AND CHEST PUSHUP

- Hands under shoulders on bench
- Chin tucked
- Abs braced
- Back long, strong and straight
- Chest to elbow-height
- Elbows in
- Abs braced as you walk or jump hands off the bench onto floor – slightly wider than shoulder-width in a Pushup position
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight
- Abs braced as you walk or jump hands under shoulders onto the bench

⇓ OPTION: ON KNEES

SCISSOR LUNGE WITH PLATE

- Plate held in front of collarbones and parallel to floor
- Feet hip-width apart
- Jump into Lunge pressing plate above head
- Front knee out in line with toes
- Front thigh drops to parallel with floor
- Elbows slightly forward and abs braced as plate goes above head
- Chest up
- Jump back to hip-width – plate returns to collarbones
- Repeat alternating legs

⇓ OPTION: BACKWARD-STEPPING LUNGE

MUSIC	EXERCISE
0.00	Set up Tabata Interval Exercises
	TABATA INTERVALS
1.00	Speed Jumps
1.20	Recovery
1.30	Sprint Taps
1.50	Recovery
2.00	Repeat Tabata Intervals
2.50	Recovery
3.00	Repeat Tabata Intervals

COACHING TIP

Tabata training is all about speed! Set your team up quickly – 20 seconds work, 10 seconds rest, 3 rounds supersetting 2 exercises. Let them know what equipment they need then get straight into demonstrating the moves.

CONNECTION

The transitions in this track are quick. In order to keep your team working with the beat, get up front and do everything with them. Let them compete with you and have some fun with it.

DRIVE

The results from this type of training come from speed. Get your team moving to their max in every round and drive them into the red zone!

HIIT SCIENCE

Not only do these Tabata style blocks take you into an anaerobic zone – they also train agility. The ability to move with speed and power to the side is often what defines athletes.

SPEED JUMPS

- Bend knees
- Two foot take-off
- Two foot landing
- Arms close to sides
- **Bent knee landing**
- Upper body still
- **Abs braced – chest up**
- Stay low in a loaded position and go for speed
- Inside leg to outside hip like jumping over a line

SPRINT TAPS

- Place one foot on floor, other foot hovering above bench
- Weight is on the foot on the floor
- Knee up over toes
- Absorb the body weight on landing
- **Abs braced – chest up**
- **Bent knee landing on opposite side of bench**
- Squat deep to drive intensity
- Use Running Arms to drive

5

Plyometric Challenge

SET UP

- Bench set up vertically

MUSIC

EXERCISE

0.00

Set up Crossover Squat Press and Lateral Bench Jump

1.00

Crossover Squat Press L+R

2.00

Lateral Bench Jump L+R



COACHING TIP

Your team already know the moves so spend the recovery at the start re-focussing them on technique and precision then shift the angle of your coaching towards competition. Challenge them to beat or match their score from Track 2.

CONNECTION

Use short, sharp reminders to keep everyone in their training zones "got the move, go for speed", "depth will help you get height", "load the legs" – keep your tips simple then they'll get through to your fatigued and breathless team. Don't let the team tap out!

DRIVE

Set another challenge for the final 30 seconds – how do you finish your workout? Tap into their inner competitiveness to push them right to the very end of the track. Make them earn their recovery.

HIIT SCIENCE

These final blocks are what make or break a high intensity training session. Building on the fatigue accumulated in the previous tracks will send your metabolism into overdrive for hours after the class.

CROSSOVER SQUAT PRESS

- Plate held high on chest
- One foot on bench
- Drop down into Squat
- **Chest up – abs braced**
- **Hips back and down**
- **Brace your abs as you press the plate above your head**
- Elbows slightly forward
- Elbows slightly bent at top of Press
- Bend and drive
- **Knees track forward in line with toes**
- Whole foot on the center of the bench as you drive across

↓↓ **OPTION: NO PLATE**

LATERAL BENCH JUMP

- Place one foot (whole foot) on bench – other foot on floor
- **Bend knees**
- Jump body off bench to side
- **Bent knee landing**
- Repeat to other side
- Add propulsion
- Use arms to drive

SET UP

- Bench set up vertically

MUSIC**EXERCISE**

0.00	8x8	Set up Plank Jack on Bench
0.24	8x8	Plank Jack on Bench
0.48	8½x8	Mountain Climber on Bench L+R
1.14	8x8	Walking Plank on Bench L+R
1.39	8x8	Plank Jack on Bench
2.03	8x8	Mountain Climber on Bench L+R

COACHING TIP

Get your team to breathe before setting them up for their final challenge – core training.

CONNECTION

Lower the tone of your voice and use a bit of humour to distract your team from their fatigue. Give them options so they can make it to the end of the track. Options will help them ensure they can do the full extension of the movements. You want everyone to finish their workout feeling proud of their efforts.

DRIVE

Acknowledge that you know your team are tired but that's no excuse to throw technique out the window when they're this close to the finish line! Athletes finish strong and commit to every second of their workout. Finish this track with your team getting them to draw on their personal motivations for doing the workout.

HIIT SCIENCE

Integrated core training sets up the trunk muscles for the way they are used during plyometric training. These muscles create a protective sleeve around our spine – keeping the load out of the joints and shifting it into the muscles.

PLANK JACK ON BENCH

- Hands on bench
- Plank position – hands shoulder-width
- **Abs braced**
- Feet hip-width
- **Brace abs** – jump feet outside shoulder-width
- Jump feet back in

↓↓ **OPTION: HOLD PLANK POSITION**

MOUNTAIN CLIMBER ON BENCH

- Plank position – hands shoulder-width on bench
- Bring knee 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**

WALKING PLANK ON BENCH

- Plank position on bench – elbows under shoulders
- **Back long, strong and straight**
- **Keep hips and shoulders parallel to floor**
- Alternate hands onto floor and then back up to bench
- **Brace abs**

↓↓ **OPTION: HOLD PLANK POSITION**



NOTES



NOTES



OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,000 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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