

LES MILLS

GRIT™ STRENGTH 08

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING



LIVE IN STOCKHOLM



FEATURES:

- | LES MILLS GRIT™ PLYO 08 BONUS BLOCK
- | 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™ STRENGTH 8

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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	Neuro Muscular Pre-Conditioning
2	Burpee Challenge	Anaerobic Power Training
3	Power Circuit	Power Based Interval Training
4	Tabata Intervals	Tabata Training
5	Burpee Challenge	Anaerobic Power Training
6	Core Conditioning	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™ STRENGTH

1

Accelerated Warmup

SET UP

- Bench set up horizontally and a heavy plate

MUSIC		EXERCISE	REPS
0.05	1x8	Set up Squat Upright Row	
0.09	11x8	Squat Upright Row	
0.52	4x8	Slow Squat Burpee Pushup	2x
1.08	1x8	Set up Squat Burpee Pushup with Bench Jump	
1.12	8x8	Squat Burpee Pushup with Bench Jump	4x
1.44	8x8	Squat Press	16x

COACHING TIP

There's a lot of information to convey in your introduction so use your time wisely. Explain how the competition element works, moving off beat as fast as you can with smooth controlled movement. Use inclusive phrases such as "your workout, your challenge" to emphasize that this is about winning a competition with yourself and achieving your personal best.

CONNECTION

Set the tone of the workout in this track. Be encouraging – your team have a tough 30 minutes ahead of them. Les is positive and energised as a coach. He encourages everyone to work to their own levels and goals, while also reminding them that it's okay to take options throughout the workout.

DRIVE

This release is about driving people to their individual max so use speed to drive intensity right from the beginning – every second counts! Use the Accelerated Warmup to introduce the different levels of speed that your team can work at – on the beat, faster or slower. A solid introduction about the use of speed and range of movement will provide the sort of foundation that will maintain drive and focus for the entire workout.

WARMUP SCIENCE

Integrated exercises (combining upper and lower body patterns) lift the heart rate and prepare the neuro muscular system for the power moves that lie ahead. Focusing on knee and trunk alignment allows us to engage the key stabilisers for our Squat pattern.

SQUAT UPRIGHT ROW

- Feet outside hip-width
- **Hips back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- **Butt drops to just above knee height**
- Lift plate to lower chest
- Elbows out wide
- Plate close to body

SQUAT BURPEE PUSHUP

- Feet outside hip-width
- **Butt back and down – just above knees**
- **Chest up – abs braced**
- Knees wide in Squat
- Arms forward, directly out from shoulders
- **Jump feet back into Plank – keep abs braced**
- Hands under shoulders
- **Back long, strong and straight**
- **Chest to elbow-height**
- Jump up on return – **bent knee landing**
- Feet stay wide

↓ OPTION: WALK BACK INTO PLANK, PUSHUP ON KNEES

SQUAT BURPEE PUSHUP WITH BENCH JUMP

- Jump onto bench
- **Bent knee landing**
- Chest up
- Feet land on center of bench

SQUAT PRESS

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

2

Burpee Challenge

SET UP

- Bench set up horizontally

MUSIC

EXERCISE

0.00

Set up and demo Burpee Challenge

BURPEE CHALLENGE – 2 MINUTES

0.30

Squat Burpee Pushup with Bench Jump



COACHING TIP

You only have 30 seconds to set up the Burpee Challenge so use this time to give your team the essentials. Once the 2 minutes starts, they'll be in their own training zone. Name the move and demo it. Focus on technique and range of movement first then reinforce speed. Get them to do as many repetitions as they can in 2 minutes.

CONNECTION

Use the first 30 seconds of the 2 minute challenge to help your team get used to the movement. Start them slow to develop their technique, coaching the compulsory cues for each stage of the Burpee, then once they've got it, encourage them to pick up the pace! Once your team have spent some time attempting the move, introduce the options which will enable those that are struggling to keep moving. Time cues are going to be essential to keep your team in the zone – know when the 1 minute and 30 seconds to go marks are and encourage them to give it everything they've got!

DRIVE

Stick with people and count them through their repetitions. Les shows some great examples of this. Encourage your team to work to their absolute maximum but remind them that it is okay to stop and take a break – as long as they jump back in when they're ready. Fatigue in this challenge is a measure of success and hard work.

SQUAT BURPEE PUSHUP WITH BENCH JUMP

- Feet outside hip-width
- **Butt back and down – just above knees**
- **Chest up – abs braced**
- Knees wide in Squat
- Arms forward, directly out from shoulders
- **Jump feet back into Plank – keep abs braced**
- Hands under shoulders
- **Back long, strong and straight**
- **Chest to elbow-height**
- Jump up on return – **bent knee landing**
- Jump onto bench
- **Bent knee landing**
- Chest up
- Feet land on center of bench
- Feet stay wide

↓↓ OPTION: WALK BACK INTO PLANK, PUSHUP ON KNEES

Hands on bench keeping the feet wide in the Squat Burpee Pushup makes it much easier for people to keep their chest up as they transition to the Pushup.

SET UP

- A heavy bar

MUSIC**EXERCISE**

0.00

Set up and demo Upright Row + Clean and Press Combo

POWER CIRCUIT

0.30

Upright Row + Clean and Press Combo

1.30

Recovery. Demo Front/Back Squat

2.00

Front/Back Squat

3.00

Recovery. Demo Bent Over Row

3.30

Bent Over Row

4.30

Recovery. Demo Propulsion Lunge

5.00

Propulsion Lunge

6.00

Recovery

6.30

Repeat Power Circuit

Remote Selection/Slasher/Acrylics/Came To Party/Flashlight > 12.05 mins

COACHING TIP

There's no time to waste in this intro. It's need to know info only! "4 exercises, 1 minute on each performing as many repetitions as you can, 30 second recovery in between each exercise. 2 rounds – you need a heavy bar". Demo the first move and you're off!

CONNECTION

Get individuals to focus on finding their rhythm. Strong controlled movements will help them develop power and power is where they get speed. You want your team to go as hard and fast as they can for as long as they can. If they have to throw the bar down or take a break, that's okay – it means they're pushing their limits! Congratulate them and help them get back into the workout when they're ready.

DRIVE

Use the second round of each exercise to refine technique. Your team will be feeling tested with their heart rate going through the roof. Remind them that the higher the heart rate, the more calories they burn. Sell them the benefits of working hard, shifting their fitness one repetition at a time. Use the recovery well and come at the next exercise with maximum effort!

UPRIGHT ROW + CLEAN AND PRESS COMBO

Upright Row:

- Feet hip-width
- Hands thumb distance from thighs
- **Chest up – abs braced**
- Bar close to the body – elbows above the bar
- **Lift bar to lower chest**

Clean and Press:

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

↓↓ OPTION: HEEL LIFT ON CLEAN AND PRESS

CIRCUIT SCIENCE

Alternating the focus from upper body to lower body sends your heart rate into overdrive as every major muscle group is screaming for oxygen. This is a great way to push into anaerobic training zones.

FRONT/BACK SQUAT

- Bar on meaty part of upper back or in front of collarbones
- Feet outside hip-width
- **Hips back and down**
- **Knees out – tracking forward over toes**
- **Chest up – abs braced**
- Butt down to just above knee height

BENT OVER ROW

- Knees bent slightly – feet hip-width
- Grip just outside hips (thumb distance from thighs)
- **Chest up – abs braced**
- Roll shoulders up, back and down
- **Keep chest up and hinge from the hips**
- **Slide bar to knees**
- Pull to belly
- Squeeze between the shoulder blades
- Elbows to the rear

PROPULSION LUNGE

- Jump into long Lunge – back heel off floor
- **Chest up – abs braced**
- **Front knee above ankle – knee out**
- **Front thigh drops parallel to floor**
- **Use Lunge to absorb landing**
- Go for depth and height
- Drive with arms

↓↓ OPTION: BACKWARD-STEPPING LUNGE

4

Tabata Intervals

SET UP

- Bench set up vertically and a heavy plate

MUSIC

EXERCISE

0.00 Set up and demo Tabata Interval Exercises

TABATA INTERVALS

1.00 **Squat Press**

1.20 Recovery

1.30 **Sumo Squat Jump**

1.50 Recovery

2.00 **Repeat Tabata Intervals**

2.50 Recovery

3.00 **Repeat Tabata Intervals**

3.50 Recovery

COACHING TIP

The set up is simple. 20 seconds of work, 10 seconds rest, 3 rounds. They're supersetting 2 exercises – let them know what equipment they need then get straight into demonstrating the moves.

CONNECTION

Once you've coached speed and range of movement, focus on using short words, "breathe", "explode" – clear one-word instructions will get through to your team.

DRIVE

This is tabata training at its finest! It's a short track so drive your team right through to the end of it. Use the recovery to get them set up straight into the next move, leaving no time to lag and more time to work!

TABATA SCIENCE

Tabata training is all about accumulating lactate. Increasing lactate results in anabolic change – that's how you build athletic muscle and reduce body fat.

SQUAT PRESS

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

SUMO SQUAT JUMP

- Start with feet wider than hips, straddling bench
- Jump up and onto bench
- Explode off bench as soon as feet make contact
- **Soft knee landing** – knees out as you make contact with floor
- Go for depth and height

↓↓ OPTION: OFF THE BENCH

5

Burpee Challenge

SET UP

- Bench set up horizontally

MUSIC

EXERCISE

0.00

Set up and demo Burpee Challenge

BURPEE CHALLENGE – 2 MINUTES

1.00

Squat Burpee Pushup with Bench Jump

COACHING TIP

This is your team's last chance to compete. They know the moves now it's time for them to finish this workout strong! Encourage your team to try and match, or better, beat, their scores from the first attempt at the challenge!

CONNECTION

Fredrik spends a good amount of time focusing on technique, making sure his team are performing safe and effective movements which ultimately will deliver the best results. He advises them to never compromise range for reps. Use a strong, encouraging tone of voice to keep your team in the zone and committed to finishing this track – they'll be relying on you as their coach to help get them there.

DRIVE

Time cues are more important than ever in this track. Know them and use them to drive your team home. You're racing fatigue to the finish line – don't let it beat any of you!

SQUAT BURPEE PUSHUP WITH BENCH JUMP

- Feet outside hip-width
- **Butt back and down – just above knees**
- **Chest up – abs braced**
- Knees wide in Squat
- Arms forward, directly out from shoulders
- **Jump feet back into Plank – keep abs braced**
- Hands under shoulders
- **Back long, strong and straight**
- **Chest to elbow-height**
- Jump up on return – **bent knee landing**
- Jump onto bench
- **Bent knee landing**
- Chest up
- Feet land on center of bench
- Feet stay wide

↓↓ OPTION: WALK BACK INTO PLANK, PUSHUP ON KNEES

↓↓ OPTION: HANDS ON BENCH

Remember to keep the chest lifted and knees out in this last block. The key to safe and effective power training is keeping the load out of the joints and in the muscles. Focusing on movement control will ensure that happens.

MUSIC		EXERCISE
0.00	8x8	Set up Hover
0.30	8x8	Hover
1.00	8x8	Hover Jack
1.31	8x8	Power Climber L+R
2.02	8x8	Hover with Leg Tap L+R
2.32	8x8	Hover

COACHING TIP

This track is all about getting your team to the finish line. Remind them what they've accomplished during the workout and that they're too close to quit. A strong core will give you more control in your power training so encourage your team to hang in there and reap the benefits of this core track.

CONNECTION

Check in with your team – they'll be smashed. Congratulate them on their efforts and drive them down the home straight. Options are paramount in this track with the overall goal to just keep everyone moving safely and effectively. This track isn't about competition, it's about finishing together so create a sense of unity amongst your participants.

DRIVE

Les drives his team through this track perfectly. Watch how he gives options of speed and movement and offers levels that cater to everyone. Give time cues to keep your team on their toes – they want to finish strong! Finish this track with them and don't tap out until the music stops.

HOVER

- Elbows under shoulders
- **Brace abs**
- **Back long, strong and straight**
- **Hips and shoulders square**

↓↓ **OPTION: ON KNEES**

HOVER JACK

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

↓↓ **OPTION: HOVER ON KNEES OR TOES**

POWER CLIMBER

- Hover position – elbows under shoulders
- **Brace abs – back long, strong and straight**
- **Hips and shoulders level – knee close to floor as it comes forward**
- Bring knee to elbow on same side
- Alternate sides

↓↓ **OPTION: HOVER ON KNEES OR TOES**

HOVER WITH LEG TAP

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

LES MILLS GRIT™ PLYO 8

BONUS BLOCK

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, afterall, 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

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



OUR DECLARATION OF INTENT

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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.

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