

LES MILLS  
**GRIT™**

PLYO



RELEASE

09

### FEATURES

YOUR VOICE

LES MILLS GRIT™ – WORKOUT STRUCTURE

LES MILLS GRIT™ – 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 9

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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

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## 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.



# YOUR VOICE

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## HAVE YOU EVER EXPERIENCED ISSUES WITH YOUR VOICE?

It's an occupational hazard that we instructors will experience vocal issues at some point in our careers. This is because we are professional voice users. We talk over loud music. Our posture when teaching is not always conducive to easily projecting our voice, like in Hovers or Squats, and our upper bodies are often loaded with tension, which affects the voice box (larynx). Then shouting, back-to-back classes, physical tiredness, dehydration and teaching when sick are all recipes for vocal damage. And how many of us reach for caffeine before class to give us that extra 'zing'?

### ALL OF THE ISSUES ABOVE CAN CAUSE VOCAL SYMPTOMS SUCH AS:

- **Vocal Fatigue**

Where your voice is hard to find or breaks or fades out.

- **Changes in Vocal Quality**

It becomes rough, gravelly, breathy or hissy.

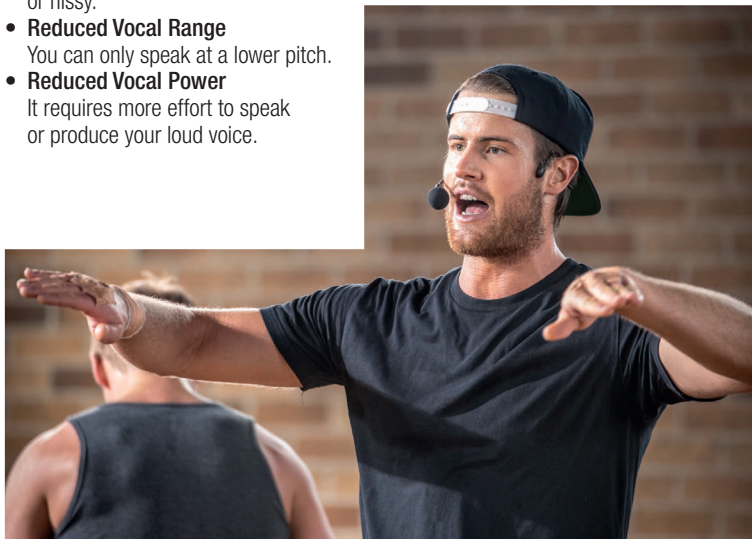
- **Reduced Vocal Range**

You can only speak at a lower pitch.

- **Reduced Vocal Power**

It requires more effort to speak or produce your loud voice.

Ongoing vocal misuse can lead to cysts and nodules in your throat which may require surgery to repair. The good news is there's heaps of things you can do to take care of your voice to ensure you deliver awesome vocal quality every time you teach.



# RECIPE FOR TAKING CARE OF YOUR VOICE:

## Do vocal warmups

|   | TIME      | EXERCISE                                                                                                                                                                                                                        | REPS |
|---|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:30 each | Roll your shoulders up, back and down to release upper body tension. Neck stretches – flex, extend, rotate and side-flex your neck.                                                                                             | 1    |
| 2 | 1:00      | Blow your lips together like a horse does. Add gentle voicing “brrrrr”.                                                                                                                                                         | 10   |
| 3 | 1:00      | Tongue trill with gentle voicing “rrrrrr”. Follow with “la la la la la”, feeling your voice bounce off the roof of your mouth.                                                                                                  | 10   |
| 4 | 1:00      | Hum gently as if agreeing, “mmm”, feeling the voice vibrations in the front of your face and the tingle in your lips. Say 5 “m” words with an exaggerated “mmm” at the beginning, eg. “mmmain, mmmore, mmmoon, mmmine, mmmoan”. | 10   |
| 5 | 1:00      | Say “ng”, like at the end of “sing”, then glide smoothly and effortlessly into the vowel sounds:<br>ng – ah<br>ng – ay<br>ng – ee<br>ng – oh<br>ng – oo<br>ng – aw                                                              | 10   |

### Don't shout!

Project your voice. Visualize your voice as a physical force which is hitting the back wall. You don't need to force anything, you just need to send it forward.

### Don't teach when you are sick.

### Stay hydrated.

By drinking plenty of water and steaming your throat in the shower.

### Don't have too much caffeine, and don't smoke!

### Rest your voice.

Our voices need time to recover. Look for activities geared towards relaxation and rest, and allow for vocal downtime. Make sure you get enough sleep to give your larynx time to heal.

## THANKS TO:

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Speech Pathologist, BSc, MSpPathSt, GCHed, PhD, MSPA CPSP

# TRAINING PROFILE

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| TRACK | TRACK NAME         | TRAINING TECHNIQUE              |
|-------|--------------------|---------------------------------|
| 1     | Accelerated Warmup | Neuromuscular Pre-conditioning  |
| 2     | Double Super Sets  | Super Set Plyometric Training   |
| 3     | Drop Sets          | Drop Set Interval Training      |
| 4     | 5x5-45             | Interval Based Circuit Training |
| 5     | Ladder Challenge   | Extended Interval Training      |
| 6     | Core               | Athletic Core Conditioning      |

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# 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.

## HIIT SCIENCE

HIIT is extremely time efficient. One of the most common reasons people give for not being able to exercise is not having enough time. And one of the key benefits of HIIT – when compared to other standard forms of training – is that you get similar or better results in a much shorter space of time.

Researchers in Canada found that just 20 minutes of HIIT was enough to produce the type of results expected from much longer, endurance-based programs. They saw significant improvements in glucose tolerance and muscle physiology after just two weeks of HIIT training, three times per week.\* These findings were further

supported by a study into the LES MILLS GRIT™ Series at Penn State University. A six-week investigation proved that substituting 1 hour of aerobic training for two GRIT™ classes was enough to double, or even triple, the training effect. We can, therefore, conclude that 20 to 30 minutes of HIIT is just as effective as much longer, standard workouts.

So – get the intensity levels right, and this type of training provides a fast track to fitness gains in a very short space of time.

**Simply put, you get fitter, faster.**

\* Hood, M.S., Little, J.P., Tarnopolsky, M.A., Myslik, F. and Gibala M.J. (2011) Low-Volume Interval Training Improves Muscle Oxidative Capacity in Sedentary Adults. Med. Sci. in Sports Exerc., Vol. 43, No. 10, pp. 1849–1856.

# 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 in the last two rounds.

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 9, LES MILLS GRIT™ Plyo 9 and LES MILLS GRIT™ Cardio 6).

In these releases there are three opportunities to compete: Tracks 2, 4 and 5.

## MIX AND MATCH

Tracks 1 and 2 dictate what the workout is scheduled as. For example, if you teach Track 1 from LES MILLS GRIT™ Cardio, you must also teach Track 2, 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 2 from LES MILLS GRIT™ Cardio (so it's a LES MILLS GRIT™ Cardio workout), and then teach Tracks 3 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.

If the mix and match you are doing involves having to set up different equipment for the later tracks, it is important that you are very clear at the beginning of the workout what equipment your team will need so they have it nearby to set up at the end of Track 2. You may stop the music for 30 seconds to allow this setup time but no longer, as you don't want the intensity of the workout to drop!

## 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 9, and do the moves from LES MILLS GRIT™ Plyo 9. 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 to class 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.

Participants 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](mailto: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 release 7, and three in release 8. The structure of each release is very different, so must be kept separate. You can only ever mix within a release (for example, block 1 from LES MILLS GRIT™ Strength 7 and block 2 from LES MILLS GRIT™ Plyo 7).

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## 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.

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## 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!**

## LES JNR



# LES MILLS GRIT™ PLYO

1

## Accelerated Warmup

### SET UP

- A bench with 2x risers on each side

| MUSIC | EXERCISE                                 | REPS |
|-------|------------------------------------------|------|
| 0.00  | Set up Backward-Stepping Bench Lunge     |      |
| 0.18  | <b>Backward-Stepping Bench Lunge</b> L+R | 8x   |
| 0.44  | <b>1x Lunge, 1x Jump</b> L+R             | 8x   |
| 1.10  | <b>Pushup Bench Walk</b> L+R             | 4x   |
| 1.38  | <b>Pushup Bench Shuffle</b> L+R          | 6x   |
| 1.58  | Set up Sumo Plyo Squat                   |      |
| 2.04  | <b>Sump Plyo Squat</b>                   | 4x   |
| 2.18  | <b>Sumo Plyo Squat Jump</b>              | 16x  |

### COACHING TIP

This workout focuses on athletic agility and reactive power. Outline what equipment your team will need and tell them where best to set it up so they don't miss a second of the workout once the track starts. Cover off your important technique cues in the Warmup so that your team are working safely and effectively every step of the way.

### CONNECTION

Jeremiah gives very clear instructions for each move offering options for pace and intensity level. He introduces the workout and makes everyone feel comfortable. From the get-go, his team understands it's a workout for all fitness levels.

### BACKWARD-STEPPING BENCH LUNGE

- Stand on bench
- Big step back
- Back knee towards floor
- **Front knee out in line with toes**
- **Chest up – abs braced**
- **Feet hip-width**
- **Drop down so front thigh is parallel to floor**

#### + JUMP

- **Abs braced** on jump
- **Chest up**
- Ensure whole of front foot is on bench

### PUSHUP BENCH WALK

- Pushup – one hand on bench, one hand on floor
- **Back long, strong and straight**
- **Chest to elbow height – align with arm on bench**
- **Abs braced**
- Walk hands across bench and feet across floor
- Repeat other side

#### ⇓ **OPTION: ON KNEES**

### DRIVE

This workout includes some really complex moves so coach your team to use correct technique during the Warmup. By the time they hit Track 2 they'll be set up to do each move more effectively and faster. Ultimately, they'll see better results if they nail technique first.

### WARMUP SCIENCE

One of the key aims of an Accelerated Warmup is to engage our stabilizing muscles. The muscles that stay still are just as important as the ones that move. Keeping the chest up and the abs braced throughout these moves will stabilize the spine allowing us to hit the power button safely when we lift the intensity.

### SUMO PLYO SQUAT

- Begin with feet wider than hips – straddling bench – knees out
- Jump up and onto bench – **knees forward**
- **Soft knee landing**
- Jump feet back to floor, landing either side of bench
- **Soft knee landing – knees out on contact with floor**
- Aim for depth and height
- Drive out of Squat
- **Chest up – abs braced**

#### ⇓ **OPTION: OFF THE BENCH**

### SUMO PLYO SQUAT JUMP

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

#### ⇓ **OPTION: OFF THE BENCH**

**SET UP**

- As in Track 1

**MUSIC****EXERCISE**

|      |                                                                |
|------|----------------------------------------------------------------|
| 0.00 | Set up Drop Set 1: 90° Pivot Bench Jump + Sumo Plyo Bench Jump |
| 0.20 | <b>90° Pivot Bench Jump</b>                                    |
| 0.40 | <b>Sumo Plyo Bench Jump</b>                                    |
| 1.00 | Recovery. Set up Drop Set 2: Plyo Bench Pushup + Fast Feet     |
| 1.20 | <b>Plyo Bench Pushup Shuffle</b>                               |
| 1.40 | <b>Fast Feet</b>                                               |
| 2.00 | Recovery                                                       |
| 2.20 | <b>Repeat Drop Set 1</b>                                       |
| 3.00 | Recovery                                                       |
| 3.20 | <b>Repeat Drop Set 2</b>                                       |
| 4.00 | Recovery                                                       |
| 4.20 | <b>Repeat Drop Set 1</b>                                       |
| 5.00 | Recovery                                                       |
| 5.20 | <b>Repeat Drop Set 2</b>                                       |

### COACHING TIP

There's no time to waste in the setup. Double Super Sets – 3 rounds of 2 blocks with 2 exercises in each block. 20 per exercise then a 20 second recovery. Demo the first 2 moves and get straight into the work. Spend the first round coaching each move to help your team get the maximum results from each and every rep.

### CONNECTION

Carefully stagger your coaching tips – as well as giving technique cues, explain why precise technique will make a difference to the workout. Cajole your team, step by step into getting the most out of every move.

### DRIVE

Drive your team towards speed in round 2 – they're familiar with the moves so now it's time to pick up the pace and get their heart rates through the roof. Don't just talk about speed – show them speed! Be an example of athleticism and push your team to move as fast as they can. Remind your team they're getting fitter, quicker, faster.

### HIIT SCIENCE

Moving the body as one block in the 90° Pivot Bench Jump engages the core and increases intensity. This is reactive core training.

### 90° PIVOT BENCH JUMP

- Chest up
- Abs braced
- Feet wide
- Bent knee landing
- Brace abs so body moves as one block



⇓ **OPTION: OFF THE BENCH**

### SUMO PLYO BENCH JUMP

- Chest up
- Abs braced
- Knees forward (on bench) – knees out – feet wide (on floor)
- Bent knee landing
- Start with feet wider than hip-width

⇓ **OPTION: OFF THE BENCH**

### PLYO BENCH PUSHUP SHUFFLE

- Hands outside shoulders
- Back long, strong and straight – abs braced
- Chest to elbow-height
- Keep elbows bent as you shuffle across
- Move hands and feet at same time

### FAST FEET

- Chest up
- Whole foot on bench
- Quick feet
- Drive with arms

**SET UP**

- 1x heavy plate

| MUSIC | EXERCISE                                                                                             |
|-------|------------------------------------------------------------------------------------------------------|
| 0.00  | Set up Combo 1, Exercise 1: Forward Jump Plate Press                                                 |
| 0.29  | <b>Exercise 1: Forward Jump Plate Press</b>                                                          |
| 0.43  | Recovery                                                                                             |
| 0.48  | <b>Exercise 2: Forward Jump Plate Press with Overhead Press</b>                                      |
| 1.02  | Recovery                                                                                             |
| 1.06  | <b>Exercise 3: Forward Squat Jump</b>                                                                |
| 1.21  | Recovery. Set up Combo 2, Exercise 1: Lateral Squat Jump with Vertical Jump and Overhead Plate Press |
| 1.36  | <b>Lateral Squat Jump with Vertical Jump L+R and Overhead Plate Press</b>                            |
| 1.50  | Recovery                                                                                             |
| 1.54  | <b>Exercise 2: Lateral Squat Jump with Vertical Jump L+R</b>                                         |
| 2.09  | Recovery                                                                                             |
| 2.14  | <b>Exercise 3: Lateral Squat Jump L+R</b>                                                            |
| 2.29  | Recovery                                                                                             |
| 2.43  | <b>Repeat Combo 1</b>                                                                                |
| 3.36  | Recovery                                                                                             |
| 3.50  | <b>Repeat Combo 2</b>                                                                                |
|       | <b>Note:</b> no countdown in music                                                                   |
| 4.43  | Recovery                                                                                             |

### COACHING TIP

Drop Set Training – 2 blocks of 3 exercises for 2 rounds. Blocks are 45 seconds, every 15 seconds your team changes exercise. The moves are similar so be really clear when you setup and demo for your team. They should know what target zones to hit. Do round 1 with your team so they can watch you if they're confused. You have minimal time to demo the second block of 3 exercises so be concise. Nikki demonstrates this well.

### CONNECTION

In round 2, spend time with your team on the floor developing their technique and coaching them to execute the moves effectively. Clearly outline options for those who need it so they stay in the workout instead of quitting. Knowing when to take a break and when to try a different option is an integral part of high intensity training.

### DRIVE

Be clear about the objectives of each move – height, depth, distance. If you're seeking depth explain why your athletes want to get low. Sell the benefits of the moves and encourage everyone to execute them correctly. Don't let them cheat themselves out of the work!

### HIIT SCIENCE

Drop sets allow us to reach maximum levels of fatigue. Each block recruits similar muscles so that we carry the intensity from one exercise to the next. By the end of the block we will have exhausted every muscle fiber in the targeted group.

### FORWARD JUMP PLATE PRESS

- Feet wide
- Chest up – abs braced
- Bent knee landing
- Plate extended forward at shoulder height

### FORWARD JUMP PLATE PRESS WITH OVERHEAD PRESS

- Feet outside hip-width
- Chest up – abs braced
- Bent knee landing
- Plate extended forward at shoulder-height
- Press plate above head to turn
- Abs braced
- Elbows slightly forward



### FORWARD SQUAT JUMP

- Feet wide
- Chest up – abs braced
- Bent knee landing – jump on landing and twist to change direction

### LATERAL SQUAT JUMP WITH VERTICAL JUMP AND OVERHEAD PLATE PRESS

- Plate in front of collar bones – elbows under plate
- Feet outside hip-width
- Chest up – abs braced
- Bent knee landing
- Elbows slightly forward on Press

### LATERAL SQUAT JUMP WITH VERTICAL JUMP

- Feet outside hip-width
- Chest up – abs braced
- Bent knee landing
- Take off and land from your Squat position

### LATERAL SQUAT JUMP

- Feet outside hip-width
- Chest up – abs braced
- Bent knee landing
- Drive body weight to the side
- Propel out of Squat
- Take off and land from your Squat position

**SET UP**

- 1x heavy plate

| MUSIC | EXERCISE                                                                 |
|-------|--------------------------------------------------------------------------|
| 0.00  | Set up Combo 1: Single Leg Vertical Bench Jump                           |
| 0.58  | <b>Combo 1: 5x Single Leg Vertical Bench Jump L+R</b>                    |
| 1.43  | Recovery. Set up Combo 2: Squat Plate Front Raise + Squat Overhead Press |
| 1.58  | <b>Combo 2: 5x Squat Plate Front Raise + 5x Squat Overhead Press</b>     |
| 2.40  | Recovery                                                                 |
| 2.58  | <b>Repeat Combo 1</b>                                                    |
| 3.43  | Recovery                                                                 |
| 3.58  | <b>Repeat Combo 2</b>                                                    |
| 4.40  | Recovery                                                                 |
| 4.57  | <b>Repeat Combo 1</b>                                                    |
| 5.42  | Recovery                                                                 |
| 5.57  | <b>Repeat Combo 2</b>                                                    |

### COACHING TIP

5x5-45 – Inform your team that they're going to develop power in their lower body and core through 3 rounds of 2 sets, supersetting 2 exercises in each set for 45 seconds. From the start outline what equipment is needed and setup all exercises at the beginning. Tell your team to count each exercise for 5 repetitions and then to change, repeating this pattern as many times as they can in 45 seconds.

### CONNECTION

Count your team through the first 1 or 2 rounds of each set then get onto the floor to assist with technique. Cover off all important technique coaching in the first round. In round 2 and 3, focus on getting more out of each repetition – more speed, more height, more depth. Be sure to give options and remind your team that it's okay to take a break.

### DRIVE

Reagan drives his team through this track. He congratulates them on their efforts and encourages them to keep up the hard work. He tells his team to "make fatigue" their "friend". Inspire the competitive natures in your team. Get them to access enough drive to accelerate to the next level. Remind them that every rep makes a difference.

### HIIT SCIENCE

Supersetting exercises in these intervals achieves two training benefits – 1) we flip the muscle targets after every 5 reps enabling us to maintain a high intensity, 2) we engage more muscles creating more energy demands meaning we burn more calories.

### SINGLE LEG VERTICAL BENCH JUMP

- Knee out
- Whole foot on bench for take off and landing
- Back heel lifted
- Feet hip-width apart
- **Abs braced**
- Eye gaze forward

### SQUAT PLATE FRONT RAISE

- Feet outside hip-width
- Plate in front of hips
- **Chest up – abs braced**
- Lift arms keeping elbows extended and **plate slightly forward at top**
- Control plate on the way down

### SQUAT OVERHEAD PRESS

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

# 5

## Ladder Challenge

| MUSIC | EXERCISE                                                                      |
|-------|-------------------------------------------------------------------------------|
| 0.00  | Set up Ladder Challenge – 5x Mountain Climber L+R,<br>1x Sumo Plyo Squat Jump |
| 1.00  | <b>5x Mountain Climber L+R, 2x Sumo Plyo Squat Jump</b>                       |
| 4.03  | Recovery                                                                      |



### COACHING TIP

The 3 minute Ladder Challenge is made up of 2 exercises to test mental and physical endurance. Set your team up with their equipment then get straight into demonstrating the move combo and explaining how the challenge works. Your team need to know that it's okay to take short breaks throughout the 3 minutes. Make sure they keep their breaks short so the intensity doesn't drop too much. Coach them back into the workout – their success is your success.

### CONNECTION

Do the first few rounds so your team are absolutely clear on what they're doing, then focus on spending time with individuals to help them with technique. There's no doubt this track is tough. Be creative with your coaching to help everyone get through to the finish. Remind them why they turned up today – results, change, challenge, commitment. Nobody quits this close to the finish!

### DRIVE

Cues are more important than ever in this track. Know your cues and use them to motivate your team to hang in there. The final 30 seconds is all about the team. Finish the workout sweating it out with them – you started as a team and now you finish as a team.

### HIIT SCIENCE

A 3 minute high intensity block will take people to the limit of their anaerobic training zone. This will create the ideal environment to produce an EPOC effect.

### MOUNTAIN CLIMBER

- 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**
- Alternate sides

↓↓ **OPTION: HOLD PLANK POSITION**

### SUMO PLYO SQUAT JUMP

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

↓↓ **OPTION: OFF THE BENCH**

**SET UP**

- 1x heavy plate

| MUSIC | EXERCISE                             | REPS |
|-------|--------------------------------------|------|
| 0.00  | Set up Side Hover                    |      |
| 0.28  | <b>Side Hover L</b>                  |      |
| 0.42  | <b>Side Hover with Crunch L</b>      | 14x  |
| 1.02  | Set up C-Crunch                      |      |
| 1.08  | <b>C-Crunch</b>                      | 16x  |
| 1.33  | Recovery                             |      |
|       | Set up Side Hover on other side      |      |
| 1.47  | <b>Side Hover R</b>                  |      |
| 2.00  | <b>Side Hover with Crunch R</b>      | 15x  |
| 2.26  | <b>C-Crunch with Plate Extension</b> | 16x  |

### COACHING TIP

Your team will be absolutely smashed by this point. Promote the benefits of core strength and its overall effect on athletic ability. Set the moves up clearly and let everyone know there are options so they can go the distance.

### CONNECTION

Guide your team so they know when to try a different option. Explain that once they lose control, it's safer and more effective if they take a simpler option. It's called Smart Training.

### DRIVE

Commitment is the name of the game. When the team is so close to the end it's the wrong time to tap out. Athletes finish strong and commit to every second of their workout! Dig deep and finish the workout with your team.

### HIIT SCIENCE

Athletes use their core to transmit power from their legs through to their arms. These types of core exercises train the muscular connections between our upper and lower body to enhance our athletic drive.

### SIDE HOVER

- Support on one elbow
- **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**

### ↓↓ OPTION: BOTTOM KNEE DOWN

### SIDE HOVER WITH CRUNCH

- Crunch elbow and knee into center then extend back out
- **Keep hips up**

### C-CRUNCH WITH PLATE EXTENSION

- Plate to forehead
- Feet off floor
- **Slide ribs to hips** – Crunch up
- **Lower back toward floor when lowering down**
- **Chin tucked**

| TRACK |                                                                                                                                                                          | ARTIST                                                 |      |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|------|
| 1     | <b>Double Bubble Trouble</b><br>Courtesy of the Universal Music Group. Written by: McKinney, Bronx, Leembruggen, Arulpragasam                                            | M.I.A                                                  | 2.47 |
| 2     | <b>Turnup</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Bennett                                                                                               | Two Of The Rain                                        | 1.00 |
|       | <b>The NOC (Sound Remedy Remix)</b><br>© 2013 Prep School Recordings. Written by: Y Luv, Sound Remedy                                                                    | Y Luv                                                  | 1.00 |
|       | <b>Turnup</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Bennett                                                                                               | Two Of The Rain                                        | 1.00 |
|       | <b>The NOC (Sound Remedy Remix)</b><br>© 2013 Prep School Recordings. Written by: Y Luv, Sound Remedy                                                                    | Y Luv                                                  | 1.00 |
|       | <b>Turnup</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Bennett                                                                                               | Two Of The Rain                                        | 1.00 |
|       | <b>The NOC (Sound Remedy Remix)</b><br>© 2013 Prep School Recordings. Written by: Y Luv, Sound Remedy                                                                    | Y Luv                                                  | 1.28 |
| 3     | <b>You Make Me</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Newport, van de Geer, Langeveld                                                                  | Jay Ray                                                | 4.51 |
| 4     | <b>Go With It</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Kusch, Lee, Warner                                                                                | Ten Pivotal                                            | 1.44 |
|       | <b>Crown</b><br>© 2013 Mad Decent. Written by: Pentz, de Jong, Posner, Simco                                                                                             | Diplo feat. Boaz van de Beatz, Mike Posner & RIFF RAFF | 0.58 |
|       | <b>Go With It</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Kusch, Lee, Warner                                                                                | Ten Pivotal                                            | 1.02 |
|       | <b>Crown</b><br>© 2013 Mad Decent. Written by: Pentz, de Jong, Posner, Simco                                                                                             | Diplo feat. Boaz van de Beatz, Mike Posner & RIFF RAFF | 0.58 |
|       | <b>Go With It</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Kusch, Lee, Warner                                                                                | Ten Pivotal                                            | 1.02 |
|       | <b>Crown</b><br>© 2013 Mad Decent. Written by: Pentz, de Jong, Posner, Simco                                                                                             | Diplo feat. Boaz van de Beatz, Mike Posner & RIFF RAFF | 1.00 |
| 5     | <b>Pvrple Forest</b><br>© 2013 Sony ATV. Licensed by Terrorhythm Recordings. Written by: Saämena                                                                         | Ganz                                                   | 2.35 |
|       | <b>Back It Up</b><br>© 2013 Les Mills Music Licensing Ltd. Written by: Abraham                                                                                           | The Settled Crest                                      | 1.37 |
| 6     | <b>Runnin'</b><br>© 2013 Dawn Raid Entertainment. Dirty Records. Duck Down Music.<br>Written by: Dallas, Britt, Motzer, Morgan, J. Iusitini, A. Iusitini                 | David Dallas                                           | 2.56 |
| OUTRO | <b>Sweet Disposition</b><br>© 2009 Glassnote. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Mandagi, Silitto | The Temper Trap                                        | 1.14 |

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# 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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AND HEARD**

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