

LES MILLS
GRIT™

STRENGTH



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™ STRENGTH 9

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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.



YOUR VOICE

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.

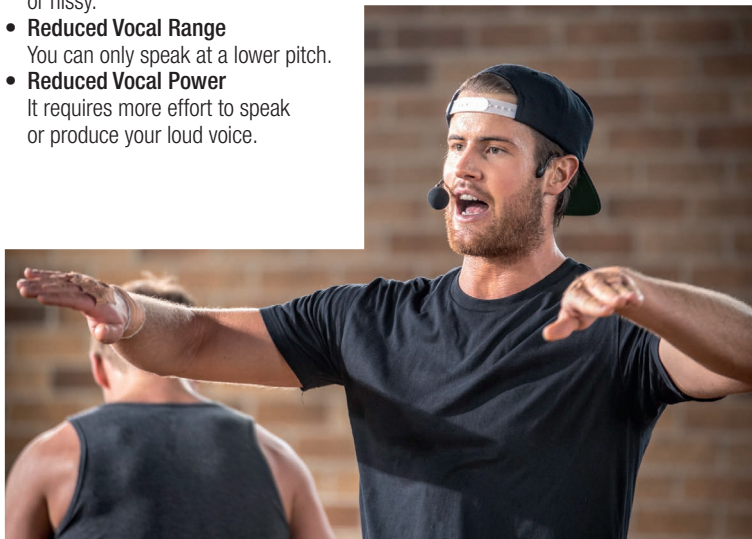
- **Reduced Vocal Range**

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: ng – ah ng – ay ng – ee ng – oh ng – oo 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.

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TRAINING PROFILE

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

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

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).

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

- 1x heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Squat	
0.10	Squat	13x
0.30	Set up Plate Clean and Press	
0.33	Plate Squat Clean and Press – slow	4x
0.59	Plate Squat Clean and Press – fast	4x
1.13	Plate Squat Clean and Press + Heel Lift	4x
1.26	Pushup	
2.07	1x Squat, 1x Squat Jump	10x

COACHING TIP

The Accelerated Warmup is where you will have the most attention from your team before the faster tracks start. Use this time to set your team up with the equipment they need for the workout. Explain how the competition element works and which tracks it applies to. This is also the perfect time to setup all the movement patterns and give some explanation of why technique is important. Reagan does this well.

CONNECTION

The Accelerated Warmup is the perfect time to connect with your team. Talk them through what they can expect from the workout and let them know that you'll be there every step of the way.

DRIVE

There's a great variety of high intensity interval training tracks in this release which are guaranteed to work your team to their max. Get your team working right from the Warmup so that their muscles are primed and ready for the explosive workout ahead, making every second count!

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.

PLATE SQUAT CLEAN AND PRESS

- Feet outside hip-width
- **Chest up – abs braced**
- **Butt drops down and back to just above knee-height**
- **Knees out and tracking forward over toes**
- Clean the plate up – **keeping it close to the body**
- Plate to collarbones
- Elbows under plate
- Press plate above head – keeping elbows slightly forward
- **Brace abs**

PLATE SQUAT CLEAN AND PRESS + HEEL LIFT

- Lift up on toes to warm up calf muscles

SQUAT

- Feet outside hip-width
- **Chest up – abs braced**
- **Butt drops down and back just above knee-height**
- **Knees out and tracking forward over toes**

SQUAT JUMP

- Elbows towards thighs
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- **Bent knee landing**

PUSHUP

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

↓↑ OPTION: ON KNEES

2

Double Super Sets

SET UP

- A heavy bar and 1x heavy plate

MUSIC	EXERCISE
0.00	Set up Set 1 moves – Clean and Press + Squat Jump
0.20	Set 1: Clean and Press
0.40	Set 1: Squat Jump
1.00	Recovery. Set up Set 2 moves – Push Press and Plyo Plate Pushup
1.19	Set 2: Push Press
1.37	Set 2: Plyo Plate Pushup
1.59	Recovery
2.19	Repeat Set 1
2.59	Recovery
3.19	Repeat Set 2
3.59	Recovery
4.19	Repeat Set 1
4.59	Recovery
5.19	Repeat Set 2
5.59	Recovery

COACHING TIP

Setup time is short so be succinct. Double Super Sets – equipment needed, time of work and recovery, number of exercises in each block, 3 rounds and you're off! Cover off all the compulsory technique cues in the first round so that your team are working to the full extension of each move from the beginning of the track. You can then spend the second round developing their technique and encouraging speed. Reagan shows a good example of this when he coaches the Clean + Press in round 2. Be on cue with your transitions so your team doesn't miss a beat.

CONNECTION

Reagan starts to drive his team with his voice, urging more intensity and speed from them without screaming at them. Be encouraging and make your team believe that they can work harder, faster and smarter and unlock their athletic potential.

DRIVE

Introduce some challenge for your team – can they out-perform themselves from the previous set? The blocks of work are short and fast so drive your team to go for speed and intensity in every working set so that they really need their recovery.

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

SQUAT JUMP

- Elbows towards thighs
- Feet wide
- Chest up – abs braced
- Bent knee landing
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat

PUSH PRESS

- Feet hip-width
- Hips down and back – knees out in line with toes
- Chest up – abs braced
- Use your legs to drive the bar up
- Drive the bar overhead – elbows slightly forward and slightly bent
- Abs braced as the bar goes over your head

PLYO PLATE PUSHUP

- Abs braced
- Back straight
- Hands outside shoulder-width
- Chest to elbow-height
- Bend elbows on landing
- Drive body out of ground, hands move to plate

↓↓ **OPTION: ON KNEES**

SET UP

- A heavy bar and 2x heavy plates

MUSIC	EXERCISE
0.00	Set up Block 1, Exercise 1
0.29	Exercise 1: Wide Grip Row
0;43	Recovery. Demo Exercise 2
0.48	Exercise 2: Narrow Grip Row
1.02	Recovery. Demo Exercise 3
1.06	Exercise 3: Plate Row
1.21	Recovery. Set up Block 2, Exercise 1
1.36	Exercise 1: Plyo Clap Pushup
1.50	Recovery. Demo Exercise 2
1.55	Exercise 2: Plyo Pushup
2.09	Recovery. Demo Exercise 3
2.14	Exercise 3: Pushups
2.29	Recovery
2.43	Repeat Block 1 Exercise 1: Wide Grip Row
2.57	Recovery
3.02	Exercise 2: Narrow Grip Row
3.17	Recovery
3.21	Exercise 3: Plate Row
3.36	Recovery

3.50	Repeat Block 2 Exercise 1: Plyo Clap Pushup
4.05	Recovery
4.09	Exercise 2: Plyo Pushup
4.24	Recovery
4.28	Exercise 3: Pushup
4.43	Recovery

COACHING TIP

Keep your intro short and sharp so you have more time to demo the first move. Drop Set Training – 2 blocks, 3 exercises in each, 2 rounds. Each block is 45 seconds where every 15 seconds the exercise changes so that the same muscle groups are exercised but with a slight reduction in intensity upon moving through the sequence. As Jeremiah says “the workout gets progressively less intense”. As you change each exercise, give clear technique cues that ensure your team are hitting the target zones.

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.

CONNECTION

Speed is nothing without control. Give options so when your team start to fatigue to the point they can no longer hold good form, they know what option to take. Jeremiah refers to this as ‘Smart Training’ which it is – knowing when to take a break and when to take an option is an integral part of high intensity training.

DRIVE

Use the second round of each exercise to develop technique further. If they’ve mastered the technique, coach them to try and go even faster. Spend time in the second block on the floor to drive your team through their fatigue. Heart rates will be racing so let your team know it’s okay to take a break or drop to the option if they need to. Everyone will be working at different levels so identify who needs some help and who you can push to go a little harder!

WIDE GRIP ROW

- Hands by the collars
- **Tip forward from the hips – chest up – abs braced**
- **Bar from knees to lower ribs**
- Elbows wide – squeeze between shoulder blades

**NARROW GRIP ROW**

- Hands just outside hips
- **Tip forward from the hips – chest up – abs braced**
- **Bar from knees to belly**
- Elbows in and to the rear – squeeze between shoulder blades

**PLATE ROW**

- **Tip forward from the hips – chest up – abs braced**
- Plates go from knees to waist
- Elbows in and to the rear – squeeze between shoulder blades



↓↓ **OPTION: ONE PLATE**

PLYO CLAP PUSHUP

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

↓↓ **OPTION: ON KNEES**

**PLYO PUSHUP**

- Hands slightly wider than shoulders
- Chin tucked
- **Chest to elbow-height**
- **Abs braced**
- **Back long, strong and straight**
- **Drive body out of ground**
- **Bend elbows on landing**

↓↓ **OPTION: ON KNEES**

PUSHUP

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

↓↓ **OPTION: ON KNEES**

All Day > 4.50 mins



SET UP

- 1x heavy plate

MUSIC	EXERCISE
0.00	Set up first 2 exercises – Plate Jumping Lunge + Plate Squat Jump
0.59	5x Plate Jumping Lunge L+R + 5x Plate Squat Jump Combo
1.44	Recovery. Set up second 2 exercises – Bent Over Plate Row Forward Raise + Overhead Plate Squat
1.59	5x Bent Over Plate Row Forward Raise + 5x Overhead Plate Squat Combo
2.44	Recovery
3.04	5x Plate Jumping Lunge L+R + 5x Plate Squat Jump combo
3.49	Recovery
4.04	5x Bent Over Plate Row Forward Raise + 5x Overhead Plate Squat Combo
4.48	Recovery
5.09	5x Plate Jumping Lunge L+R + 5x Plate Squat Jump combo
5.54	Recovery
6.09	5x Bent Over Plate Row Forward Raise + 5x Overhead Plate Squat Combo

COACHING TIP

We call this track 5x5-45. 3 rounds of work, 2 sets in each, supersetting 2 exercises in each set for 45 seconds. Setup all 4 exercises at the beginning and clearly explain how to count each exercise so that you perform 5 repetitions of each then change, repeating this as many times as you can in 45 seconds.

CONNECTION

This track is fast and everyone will be operating at a different speed. Be clear that it is okay to work at your own pace. You will have competitors in the room and some that need a little more encouragement. Give technique cues from the front on how to get more out of each round like Nikki does, then go straight into the crowd. The most effective way to connect with your team in this track is to spend time with individuals.

DRIVE

How do you get your team to fight fatigue and keep striving for more intensity? Show them. Embody athleticism and set the tone of the workout by giving it your all. There's time for floor coaching and there's also time for rolling up your sleeves and getting into the work with your team.

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.

PLATE JUMPING LUNGE

- Feet hip-width apart
- Jump into long Lunge
- Front knee out – thigh parallel with floor
- **Chest up – abs braced**
- **Abs braced as plate presses above head**
- Use Lunge to absorb landing

↓↓ **OPTION: NO PLATE**

PLATE SQUAT JUMP

- Plate in front of collarbones – elbows under plate
- **Feet wide**
- **Chest up – abs braced**
- Bent knee landing

↓↓ **OPTION: NO PLATE**



BENT OVER PLATE ROW FORWARD RAISE

- **Tip forward from the hips – chest up – abs braced**
- Plate goes from knees to belly
- Elbows in – squeeze between shoulder blades
- Raise plate forward in line keeping elbows slightly forward
- **Brace abs**
- Control the plate – don't swing on down phase

OVERHEAD PLATE SQUAT

- Feet outside hip-width
- **Chest up – abs braced**
- Plate overhead, elbows slightly bent
- **Butt drops down and back to just above knee height**
- **Knees out and tracking forward over toes**
- Keep elbows slightly forward

5

Ladder Challenge

SET UP

- A heavy bar

MUSIC

EXERCISE

0.00

Set up Ladder Challenge

0.59

5x Hang Cleans, 1x Squat Burpee

5x Hang Cleans, 2x Squat Burpee

4.03

Recovery

COACHING TIP

The 3 minute Ladder Challenge is made up of 2 exercises to make you work to your absolute maximum. This track is guaranteed to push you over the edge! Use the intro to demo the moves and explain how the challenge works. Once the 3 minute countdown strikes go, count the first few sequences so your team are 100% clear on what they're doing. 3 minutes is a long time so motivational cues are essential to keep your team in the game!

CONNECTION

Spend time with individuals coaching them through their technique. When they're fatigued give them cues on how they can integrate more muscles into each movement to assist them, for example, in the Hang Clean, Jeremiah coaches them to use their legs to jump under the bar. This is the type of information that will help your team progress their technique and fight through their fatigue to finish strong.

DRIVE

When you're on the floor you are acting as a support person for each and every member of your team. They're looking to you to drive them to the finish line. This isn't the time to be in their face screaming – encourage them, workout next to them, sweat with them and smash out the last 30 seconds with them at the front, finishing together 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.

HANG CLEAN

- Clean bar up close to the body
- Bend knees to drop body under the bar
- Catch bar in front of collarbones
- Chest up – abs braced
- Little heel lift

SQUAT BURPEE

- Feet wide
- Butt down and back – just above knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Abs braced as you jump feet back
- Hands under shoulders
- Back long, strong and straight
- Jump up on return – soft knee landing

SET UP

- 1x plate

MUSIC**EXERCISE**

0.00 Set up C-Crunch with Plate Extension

0.37 **C-Crunch with Plate Extension**

1.45 Recovery. Set up Cross Crawl Extension

2.10 **Cross Crawl Extension L+R**

COACHING TIP

Set your team up for their final challenge of the workout – 3 minutes of core training. Advise them what equipment they need and demo the first move giving pace options to cater to everyone.

CONNECTION

Fatigue will be dominating technique after the previous track so give clear options that will get your team through the final few minutes. Be supportive about options – Nikki does this when she says “if your 100% today is to put your feet on the floor then put your feet on the floor”.

DRIVE

Your goal is to get your team over the line together. They've come so far in this workout so it wouldn't be right to quit now! Sell the benefits of a strong core to get your team to hang in right to the end.

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.

C-CRUNCH WITH PLATE EXTENSION

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

CROSS CRAWL EXTENSION

- Fingertips to temples, elbows wide
- **Chin tucked**
- Extend leg long and take arm from the same side diagonally across to extend past the opposite knee
- **Lower back stays glued to the floor**
- Slide ribs to opposite hip



NOTES



NOTES



OUR DECLARATION OF INTENT

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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.

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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.

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