

LES MILLS GRIT™ PLYO

1

Accelerated Warmup

SET UP

- A bench with risers

MUSIC	EXERCISE	REPS
0.00	Set up Backward-Stepping Lunge	
0.13	Backward-Stepping Lunge L+R – slow	
0.23	Pause	
0.25	Backward-Stepping Lunge L+R – fast	8x
0.57	Slow Squat + Lateral Jump L+R	2x
1.13	Squat + Lateral Jump L+R	4x
1.29	Pushup	7x
1.45	Jump On and Over Bench – slow	4x
2.01	Jump On and Over Bench – fast	8x
2.17	Jump Over Step	8x
2.30	Set up Side Step	
2.34	Side Step On and Off bench L+R – slow	4x
2.49	Side Step On and Off bench L+R – fast	8x

COACHING TIP

You will have the team's undivided attention for the Accelerated Warmup so before the faster tracks begin use the time to ensure everyone is fully set up and ready to go. Check that they have the equipment they need and explain the competition element and associated tracks. There are some complex new moves in this release. Help your team with correct technique from the beginning so they're prepared to move quickly and effectively through the workout.

CONNECTION

Set the tone in the Accelerated Warmup and use this time to connect with your team. Freddie does this nicely by telling his team that it's okay to have fun. He talks them through each movement phase in the Warmup making them feel confident, excited and ready to smash the workout ahead.

DRIVE

The range of high intensity interval training tracks in this release will challenge the team in many ways. Use this track to drive heart rates up into a training zone for track 2. If you do this they'll be physically and mentally ready for the explosive workout ahead.

BACKWARD-STEPPING LUNGE

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

SLOW SQUAT + LATERAL JUMP

- Feet outside hips
- Drop butt back and down
- Drive off two feet into a Lateral Jump
- Chest up – brace abs
- Soft knee landing

Delta > 3.07 mi

WARMUP SCIENCE

Research has shown that people spend 20 minutes of a 30 minute LES MILLS GRIT™ Series workout above 85% of their maximum heart rate. The Warmup lays the foundation for this by gradually increasing the heart rate and introducing the techniques they will be using late to drive intensity.

PUSHUP

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

↓↓ OPTION: ON KNEES

JUMP ON AND OVER BENCH

- Feet under hips
- Two feet jump on and over bench
- Bent knees on jump to turn
- Bent knee landing
- Stay low
- Chest up

JUMP OVER STEP

- Feet under hips
- Chest up
- Brace abs and jump over bench
- Bent knee landing

SIDE STEP ON AND OFF BENCH

- Start with two feet on floor
- Step one foot at a time laterally onto bench
- Step both feet back off to the floor on the other side
- Chest up – abs braced
- Slight bend in the knees
- Use arms for speed



SET UP

- Bench and a heavy plate

MUSIC	EXERCISE
0.00	Set up Combo 1 moves – Lateral Plyo Pushup, Bench Jump with Fast Twist, Lateral Quick Feet
0.30	COMBO 1
	Lateral Plyo Pushup x10 Bench Jump with Fast Twist x10 Lateral Quick Feet (until end of the minute)
1.30	Recovery. Set up Combo 2 moves – Squat Jump with a Press, Lateral Bench Jump with Forward and Backward Jump, U Shuttles
2.00	COMBO 2
	Squat Jump with a Press x10 Lateral Bench Jump with Forward and Backward Jump x10 U Shuttles (until end of the minute)
3.00	Recovery
3.30	Repeat COMBO 1
4.30	Recovery
5.00	Repeat COMBO 2
6.00	Recovery

COACHING TIP

You only have 30 seconds to set your team up so choose your words wisely. Explain the track and set them up with the equipment needed – 4 rounds, 2 movement combinations performing a 10/10 Max Out for 1 minute in each round. Demo the moves for Combo 1, explain how to count them 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.

CONNECTION

Nikki is out on the floor encouraging full range of motion, technique and intensity from everyone. How do you get your team to want more from their workout? Sell them on the benefits of hitting speed and range for each of the moves so they can hit maximum intensity at the end of each block.

LATERAL PLYO PUSHUP

- One hand on the bench, one on the floor
 - Chest to elbow-height – hand on the bench
 - Abs braced – back long and straight
 - Drive out of the bottom of the Pushup
 - Propel bodyweight to the side (other hand now on bench)
 - Land with bent elbows to absorb load
- ⇓ **OPTION: ON KNEES, WALK HANDS ACROSS THE BENCH**

BENCH JUMP WITH FAST TWIST

- Chest up
 - Feet wide
 - Bent knee landing
 - Stay low in the twist
- ⇓ **OPTION: JUMP ON AND OVER BENCH**

LATERAL QUICK FEET

- Chest up
- Stay low
- Up on the balls of the feet
- Engage arms and core for speed

DRIVE

The Max Out moves in this track focus on speed and agility. Drive speed in both of these moves so that your team hit maximum intensity at the end of each block.

HIIT SCIENCE

Driving maximum speed in the Max Out phase will fire the type 2 muscle fibers. This increases energy output and produces the athletic muscle tone that our teams are after.

SQUAT JUMP WITH A PRESS

- Feet just outside hip-width
- Plate in front of collarbones, forward of face
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt drops just above knees
- Explode up out of Squat, feet lift off floor
- Press plate above head
- Elbows slightly forward
- Use Squat to absorb landing

LATERAL BENCH JUMP WITH FORWARD AND BACKWARD JUMP

- Chest up
- Abs braced
- Feet wide
- Two foot take off and landing
- Bent knee landing

⇓ **OPTION: STEP OVER BENCH**

U SHUTTLES

- Fast feet – stay low
- Use your Squat to touch the bench



MUSIC	EXERCISE
0.00	Set up Skill: Lateral Stagger Jump
	SKILL
0.45	Lateral Stagger Jump
1.45	DRILL
	Coach will call out moves at random – Lateral Stagger Jump, Vertical Jump, Squat
2.45	Recovery
3.15	Repeat Skill
4.15	DRILL
	Coach will call out moves at random – Lateral Stagger Jump, Vertical Jump, Squat
5.15	Recovery

COACHING TIP

The Skill Drill is new to the LES MILLS GRIT™ Series. Take the time in the intro to explain how the track works and its purpose. Demo the move a couple of times with clear cues so your team know exactly what they're doing and which target zones they're hitting.

CONNECTION

This is the track where you really get to play coach. Have fun with it. Make your team respond as if they're on the field or court moving to your drill calls as fast as possible.

DRIVE

This track requires physical and mental focus. Keep your team engaged and use the second round to develop technique. Like Nikki, set a challenge by demanding more width and agility – this will give the team a more intense workout. These moves require good co-ordination so give extra attention to those who need it.

HIIT SCIENCE

The Drill phase demands fast reactions. Athletes not only need speed and power – they also need to learn to use these abilities in response to what's happening around them. This track trains explosive muscle reactions.

LATERAL STAGGER JUMP

- Two foot take off – touch toes down with bent knee
- **Brace core to stabilize pelvis and keep hips square**
- **Land with wide feet – chest up**
- **Bent knee landing**
- Jump to left, pick up left foot, tap down
- Jump to right, pick up right foot, tap down

**VERTICAL JUMP**

- Feet under hips
- **Chest up**
- **Brace abs**
- **Bent knee landing**

SQUAT

- Feet outside hip-width
- Drop butt back and down
- Chest up – abs braced

SET UP

- Bench and a heavy plate

MUSIC	EXERCISE
0.00	Set up Drop Set Combo 1: Walking Plank, Lateral Burpee
0.45	DROP SET COMBO 1
	Walking Plank L+R x5 Lateral Burpee L+R x5
1.44	Recovery. Set up Drop Set Combo 2: Lateral Plyo Pushup, Squat Jump with Forward Raise
2.14	DROP SET COMBO 2
	Lateral Plyo Pushup L+R x5 Squat Jump with Forward Raise x5
3.14	Recovery
3.45	Repeat DROP SET COMBO 1
4.32	Recovery
4.50	Repeat DROP SET COMBO 2
5.31	Recovery
5.55	Repeat DROP SET COMBO 1
6.24	Recovery
6.40	Repeat DROP SET COMBO 2
7.10	Recovery

COACHING TIP

There's no time to waste in the setup for this track – you've only got 45 seconds to get your team ready. Explain that it's 3 rounds of Drop Sets with 2 move combinations, and that as you progress through the rounds, the duration of each set decreases. Demo the first move combo and explain clearly how to count the repetitions. Being as clear as possible with this information will ensure your team get the most out of every working set in this track.

CONNECTION

Use the first round of each move combination to deliver the fundamental cues. Once technique is in place, encourage speed. You will have competitors in the room and others who need a little more encouragement so let everyone know they can work at their own pace. The most effective way to connect with your team in this track is to spend time with individuals.

DRIVE

As the track progresses you have shorter sets so you should be able to push harder and move faster! Remind the team that if they're losing momentum, they can choose the option but still get the explosion in their muscle fibers. Freddie coaches his team nicely on how to fight fatigue through maintaining good technique. When you get to round 3, pose a challenge to your team – anyone can do 30 seconds but how about 30 seconds of your personal best? Breathlessness is an absolute measure of success.

HIIT SCIENCE

Drop Sets allow us to maintain speed with each set so that we can remain in an explosive training mode – maximizing muscle output with every rep.

WALKING PLANK

- Plank position on floor – elbows slightly bent
- Back long, strong and straight
- Keep hips and shoulders parallel to floor
- Alternate hands onto bench and then down onto other side
- Keep elbows soft
- Brace abs

↓↓ **OPTION: ON KNEES**

LATERAL BURPEE

- Use Squat – feet wide, chest up
- Brace abs while jumping feet back
- Jump in with wide feet – bent knee landing
- Jump laterally over bench
- Repeat on other side

↓↓ **OPTION: ON KNEES**

LATERAL PLYO PUSHUP

- One hand on the bench, one on the floor
- Chest to elbow-height – hand on the bench
- Abs braced – back long and straight
- Drive out of bottom of Pushup
- Propel bodyweight to the side (other hand not on bench)
- Land with bent elbows to absorb load

↓↓ **OPTION: ON KNEES, WALK HANDS ACROSS THE BENCH**

SQUAT JUMP WITH FORWARD RAISE

- Feet wide – chest up
- Butt down and back
- Plate in front of hips
- Abs braced
- Raise plate from front of hips – elbows slightly forward at the top
- Bent knees on landing



SET UP

- Bench and a heavy plate

MUSIC

EXERCISE

0.00	Set up exercises: Plate Clean, Quick Bench Jump
1.00	Plate Clean
1.20	Recovery
1.30	Quick Bench Jump
1.50	Recovery
2.00	Plate Clean
2.20	Recovery
2.30	Quick Bench Jump
2.50	Recovery
3.00	Plate Clean
3.20	Recovery
3.30	Quick Bench Jump
3.50	Recovery

COACHING TIP

Tabata training is all about speed and this track flies by! 3 rounds, 2 exercises, 20 seconds of work followed by 10 seconds recovery. This gives everyone time to work to fatigue in each set with just enough recovery to work to the max again. Demo the moves outlining the key technique features. Let everyone know this is the final working track of the workout so they really go for it.

CONNECTION

Pay special attention to each round of this track. Round 1 is where you need to get out all of your key technique cues. Round 2 is where you should develop technique further. Tell your team if they move more efficiently they can move faster and increase the intensity delivering greater results. Round 3 is all about finishing the workout with your team. No matter how much they want to give up, don't let them – not this close to the finish!

DRIVE

Short, sharp coaching is key in this track. Use words that will resonate with your team – fitter, stronger, faster, deeper. You will get more out of the team if you don't overload them with information. Your confidence that they can finish the workout and finish fast is what will get them to the end so use a motivational tone and continue to demand intensity.

HIIT SCIENCE

Each interval builds on the fatigue of the one before as the recoveries are only short. Maximizing intensity in each of these blocks will ensure that we gradually increase lactic acid in our working muscles. This unlocks the changes that are specific to High Intensity Interval Training.

Baby Yeah > 3.56 mins

PLATE CLEAN

- Keep plate close to body
- Chest up
- Double Squat – soft knee landing
- Abs braced
- Keep elbows slightly forward

↓↓ **OPTION: NO PLATE OR NO JUMP**



QUICK BENCH JUMP

- Chest up – knees bent to absorb landing
- Stay low and on the balls of the feet

↓↓ **OPTION: STEP ON AND OFF BENCH**



SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Walking Hover	
0.17	Walking Hover	8x
0.45	Hover	
0.59	Mountain Climber L+R	
1.12	Walking Hover	4x
1.26	Recovery	
1.40	Plate C-Crunch	4x
1.54	Plate C-Crunch with Pulse	4x
2.08	Recovery	
2.21	Plate C-Crunch with Pulse	8x

COACHING TIP

The core track is a mental challenge. By this point your team should be 100% fatigued and they're going to need some convincing to commit to the final part of their workout. Change the tone of your coaching and remind your team how far they've come. Clearly outline options so everybody in the room has the opportunity to keep working.

CONNECTION

Marcus connects with his team and keeps them engaged through the final minutes. He is persistent, reminding them of the benefits of core training. Explain to your team that a strong core will make their whole body stronger, helping them to move faster and more efficiently and ultimately giving them greater results from their workouts.

DRIVE

At this point, it's your job to keep the team's attention and energy for the final few minutes. Get down on the floor and finish the workout with them. Remind them that winners never quit!

HIIT SCIENCE

Having a strong core allows us to transmit power from our legs through to our upper body. This ability is vital for interval based plyometric training.

WALKING HOVER

- Elbows under shoulders
- Forearms on floor
- Back long, strong and straight
- Brace abs
- Move from Hover to Plank
- Hands under shoulders
- Hips stay square to floor
- Return to Hover

⇓ **OPTION: ON KNEES**

MOUNTAIN CLIMBER

- Plank position – hands shoulder-width
- Bring knees to chest
- Chin tucked – eye gaze to hands
- Abs braced – back long, strong and straight
- Keep hips down – knee close to floor as it comes forward
- Alternate sides

⇓ **OPTION: PLANK ON KNEES**

PLATE C-CRUNCH

- Plate held up above shoulders
- Slide ribs to hips – Crunch up and push plate towards ceiling, knees stop above hips
- Lower legs at 90 degree angle
- Brace abs to keep lower back toward the floor as legs lower
- Chin tucked

PLATE C-CRUNCH WITH PULSE

- Add a pulse when pushing plate to ceiling

⇓ **OPTION: NO PLATE**