

LES MILLS
GRIT™

STRENGTH



YOU vs YOU

RELEASE

10

FEATURES:

THE SCIENCE BEHIND LES MILLS GRIT™ STRENGTH 10
THE WORLD OF LES MILLS™ RESEARCH
LES MILLS GRIT™ AND SPORTS PERFORMANCE

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 10

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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

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 the workout 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.



THE WORLD OF LES MILLS™ RESEARCH

We love the fact that our studies make a **REAL** difference to people's lives. Thanks to our coaches and instructors, we're able to bring science out of the lab and deliver it into the community with immediate effect.

There are three reasons we invest into research:

1. Give coaches and instructors confidence in the validity and science behind our programs
2. Test and tweak our products so that they're better than ever
3. Publish research that can be peer reviewed in scientific journals – therefore giving group fitness the credibility it deserves



CXWORX™

Our first published study was conducted by our team at Penn State University under the guidance of Dr Jinger Gottschall, and was instrumental in the design of our CXWORX™ program. We measured the effect of integrated core exercises – such as Hovers and Planks – against the more traditional types of abdominal exercises – such as Crunches. This study conclusively demonstrated the ability of integrated core exercises to produce superior muscle gains and functional core strength; that's why these exercises form a big part of CXWORX™ and are often included in the core conditioning tracks of our other programs.

GET FIT TOGETHER

The Get Fit Together study investigated the effectiveness of LES MILLS™ Group Fitness classes on sedentary individuals. Twenty-five adults were selected to complete 30 weeks of exercise. However, instead of the usual approach of delivering these sessions in a lab, the participants joined workouts from a live class timetable. For their cardio component we used RPM™, BODYATTACK™, BODYSTEP™ and BODYCOMBAT™, for strength training we used BODYPUMP™, and for flexibility we used BODYBALANCE™/BODYFLOW®.

The results were amazing! We dramatically lowered the risk of cardiovascular disease of those involved AND got them hooked into fitness. We also uncovered the secrets of how to gradually introduce new people into our classes so that they could fall in love with fitness, without the fear of not being able to keep up in the first few weeks; identifying and controlling these factors is crucial when getting new people engaged in exercise.

LES MILLS GRIT™ SERIES

High Intensity Interval Training (HIIT) is riding a wave of popularity. Numerous studies have clearly demonstrated the value of this type of training and its ability to change body composition, increase VO₂ and reduce the risk of cardiovascular disease in a very short space of time.

The LES MILLS GRIT™ Series is taking these benefits out of the lab and delivering them where they are needed the most – into the community. The results of 2 great studies clearly show that LES MILLS GRIT™ is delivering on the HIIT promise. The first of these measured the effects on a group of active adults. They participated in LES MILLS GRIT™ twice a week, for a period of 6 weeks. The LES MILLS GRIT™ group had 2 – 3 times the changes in cardiovascular risk factors, strength gains and changes in body composition when compared to a control group who continued with their normal training. Just 2 LES MILLS GRIT™ classes per week was enough to transform their fitness.

The second study looked at the application of LES MILLS GRIT™ in an elite women's soccer team who used the workouts in their pre-season training. Once again we saw significant changes in body composition and fitness levels in just 6 weeks – proving its effectiveness in athletes.

BODYPUMP™

Since its creation in 1991, this program has been delivering the benefits of resistance training to a multitude of people who would otherwise be too intimidated or just not interested in training in the weights room. We decided to put BODYPUMP™ under the microscope, looking at 2 key areas affected by resistance training – bone health and muscle activation. Our team at Penn State was responsible for recruiting a group of inactive participants and guiding them through 6 months of BODYPUMP™, measuring their bone density pre- and post-trial. By the conclusion of the study, participants had each significantly increased the bone health in their arms, trunk, pelvis and spine. Publication of this study is sure to have a huge impact on the prevention and management of osteoporosis, since it was previously thought that much heavier weights than those utilized in BODYPUMP™ are needed to observe these changes in bone density.

So how does BODYPUMP™ compare to conventional resistance training when it comes to muscle activation? The team at Penn State put THE REP EFFECT™ to the test. They compared the energy output of lifting heavier weights for less reps to lifting lighter weights with more reps. Both conditions were matched for work output, ie the heavier weights for less reps was an exact equivalent in terms of work, to the lighter weights with more reps. The results showed the full benefits of THE REP EFFECT™: the cost on working muscles was HIGHER with less weight for more reps.

Check out www.lesmills.com/research for more details on all these studies.

THE FUTURE

Les Mills International is looking to liaise with research facilities around the world as we test and promote the benefits of group fitness, ensuring that we remain at the cutting edge of sports science. We're engaging global teams to investigate the effects of RPM™, BODYVIVE™, BODYBALANCE™/BODYFLOW®, and BORN TO MOVE™.

Les Mills would like to say THANK YOU to our amazing team of researchers and instructors at Penn State and to you, our coaches and instructors, all over the world. It's really due to your hard work, passion and commitment that we are able to make such a difference to the health and fitness of the global community.

LES MILLS GRIT™

& SPORTS PERFORMANCE

THE PRINCIPLES OF LES MILLS GRIT™

The LES MILLS GRIT™ series was founded on the principles of High Intensity Interval Training: short bursts of exercise performed above the anaerobic threshold, followed by periods of recovery. We know that this type of training can have dramatic effect upon a number of variables in people who already have a good base level of fitness. In our first study, we recorded the results when active individuals replaced 1 hour of moderate intensity cardiovascular exercise with 2, 30-minute LES MILLS GRIT™ sessions.

They saw:

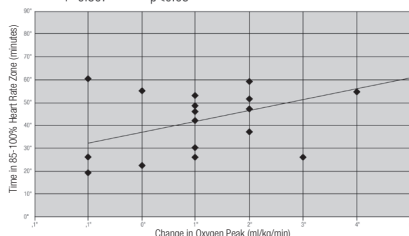
- Increased aerobic fitness
- Decreased body fat
- Improved blood profiles
- Enhanced upper and lower body strength

LES MILLS GRIT™ FOR ATHLETES

This second study into LES MILLS GRIT™ evaluated the effects upon an athletic population - the elite Penn State women's soccer team. Past literature has shown that soccer performance is related to lean body mass and VO_2 max i.e. a greater amount of muscle plus higher aerobic fitness leads to success on the field. Given that our original LES MILLS GRIT™ study demonstrated significant improvements in these 2 variables in active adults, we set out to investigate whether the program would elicit similar effects in championship caliber athletes.

Increases in VO_2 max

$r=0.507$ $p<0.05$



THE SCIENCE BEHIND LES MILLS GRIT™ STRENGTH 10

Due to their increasing popularity and widely promoted benefits, more and more people are being drawn to high-intensity interval training (HIIT) programs such as the LES MILLS GRIT™ Series.

Naturally, some of these people will be fitter than others.

This raises the question – is LES MILLS GRIT™ appropriate for everybody?

Studies have shown that sedentary populations also experience the accelerated health and fitness gains we expect from this type of training. Working with short bursts of intensity, compared to training at a steady state, offers great advantage for these groups. In fact, one study*, comparing these differences in overweight, less-fit participants, clearly showed enhanced benefits when it came to reducing the risk factors for cardiovascular disease and diabetes.

To allow you to cater to the individual needs of your class, you will see more low-impact options in this release. These will enable everyone to keep pushing to their individual maximum.

You won't see these modifications for every move – just the ones that are more complex or necessitate high impact. For example, not everyone can do Tuck Jumps – so it's important to give a modification for these early in the set. Participants can substitute these with Squats or Squat Jumps so that everyone keeps moving and driving to their own limit, getting the most out of their individual workout.

Keep your eye on Erin in the DVD Masterclass for a demonstration of these modifications.

* Tjonna A E, Aerobic interval training versus continuous moderate exercise as a treatment for the metabolic syndrome: a pilot study. *Circulation*. 2008; 118(4):346-354.

TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE
1	Accelerated Warmup	Neuro Muscular Pre-conditioning
2	10/10 Max Out	Integrated Power Intervals
3	Skill Drill	Unilateral Power Intervals
4	Drop Sets	Explosive Power Intervals
5	Tabata Intervals	Anaerobic Threshold Training
6	Core	Athletic Core Conditioning

WORKOUT STRUCTURE

This LES MILLS GRIT™ Series 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.

NEW RELEASES AND FAQs

Hey team! This is an exciting release, you and your participants are going to love them! We've put together some basic information for you on the new releases and the format of the LES MILLS GRIT™ Series workouts in general.

THE NEW RELEASES

COMPETITION

COMPETITION TRACKS: 2 AND 4

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 10, LES MILLS GRIT™ Plyo 10 and LES MILLS GRIT™ Cardio 07).

In these releases there are two opportunities to compete: Tracks 2 and 4.

MIX AND MATCH

TRACKS TO MIX AND MATCH: 3 AND 5

You can mix and match certain tracks within workouts if your club is licensed with more than one LES MILLS GRIT™ program.

Tracks 1, 2, 4 and 6 dictate what the workout is scheduled as on the timetable. For example, if a workout is scheduled as LES MILLS GRIT™ Cardio you must teach Tracks 1, 2, 4 and 6 from LES MILLS GRIT™ Cardio. Tracks 3 and 5 can all be interchanged between the new workouts. So, you could teach Tracks 1, 2, 4 and 6 from LES MILLS GRIT™ Cardio 07 (so it's a LES MILLS GRIT™ Cardio workout), and then teach Track 3 from LES MILLS GRIT™ Plyo 10, and track 5 from LES MILLS GRIT™ Strength 10. This gives you a huge amount of variety, so have fun mixing things up!

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; so you can use music from any of these new releases for any of the tracks. For example, you can use the Track 2 music from LES MILLS GRIT™ Cardio 07, and do the Track 2 exercises from LES MILLS GRIT™ Plyo 10. This is to make mixing and matching super easy!

FAQs

WHY SHOULD I ENCOURAGE PEOPLE TO RECORD THEIR REPETITIONS?

Competition is a great way of building a community (where people compete with themselves or each other in the correct environment). It's an awesome way for participants to measure their individual progress and strive towards new fitness goals. As a coach, this also gives you another touch point with your team. 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.

HOW DO I RUN THE COMPETITIONS?

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

One option could be to run the competitions as a baseline at Week 1 and again at a later week, say Week 4, 6, or 12, using the same workout format to check progress.

Participants should 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 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 record repetitions. We would also love to hear feedback about what you are doing in your club, and the awesome things you're doing to make these competitions to really 'go off'! Please send your feedback to blah@lesmills.com.

CAN I MIX AND MATCH TRACKS FROM DIFFERENT QUARTERLY RELEASES?

No! Each quarter the releases are structured differently. You can only ever mix within releases (eg LES MILLS GRIT™ Strength 10, LES MILLS GRIT™ Plyo 10, and LES MILLS GRIT™ Cardio 07), and only the allocated tracks stated in the notes (eg in this release the mix and match tracks are Tracks 3 and 5).

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

Having maximum repetitions in a set time period allows a focus on power training – maximizing muscle output to hit top-end training zones.

As people are moving to their own individual max, you can motivate your team to really push their limits – and that's a fundamental component of the essence of LES MILLS GRIT™.

We also hope this 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 – make sure you explain this at the start of the workout.

WHY ARE THE WORKOUT NOTES WRITTEN AS THEY ARE?

We want you to keep it simple. You should find the workout notes really easy to follow!

The music 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 groundwork for you by including more information about why we do certain moves (see the right-hand side of the notes). Become really familiar with why we do these exercises – it will make a world of difference to your participants!

Enjoy the new workouts and join us on Facebook!

 facebook.com/LESMILLSGRIT

LES JNR

LES MILLS GRIT™ STRENGTH

1

Accelerated Warmup

SET UP

- 1x heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Squat	
0.05	Squat – slow	8x
0.32	Pushup	7x
0.44	Set up fast Squat	
0.46	Squat – faster	8x
0.59	Backward-Stepping Lunge L+R – slow	2x
1.13	Backward-Stepping Lunge L+R – single	4x
1.27	Pushup	
1.50	Set up Plate Press	
1.54	Plate Press Overhead	4x
2.08	Squat with Overhead Press	8x
2.22	Squat with Overhead Press and Heel Lift	8x
2.36	Set up Backward-Stepping Lunge + Overhead Press	
2.42	Backward-Stepping Lunge + Overhead Press L+R	8x

COACHING TIP

Nail all the track introductions and you'll set your team up for a truly successful workout. Get the essential information out first – equipment needed, number of rounds, time of work to recovery – and demonstrate the moves. A good coach always lets the team know what to expect.

CONNECTION

The mood you set in the Accelerated Warmup sets the tone for the entire workout. Like Marcus, who invites the team to “take the challenge to push yourself hard for the next 30 minutes” you should let the team know that it's their workout, their options, their pace.

DRIVE

A great coach will deliver an incredible workout no matter what the ability of the team – from the LES MILLS GRIT™ expert to the absolute beginner. It comes down to physical and verbal drive, or energy, offering options – advanced and low impact – and adjusting tone for a diverse range of participants.

SQUAT

- 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
- Weight in heels
- Hands in front of body

Dropping the butt to just above knee height allows you to maintain a neutral spine and reduces stress on knee joints.

PUSHUP

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

↓↓ **OPTION: ON KNEES**

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 later to drive intensity.

BACKWARD-STEPPING LUNGE

- Feet hip-width – long step back
- Chest up
- Front thigh parallel to floor in bottom of Lunge – knee in line with toes
- Plate at collarbones
- Elbows face front

WITH OVERHEAD PRESS

- Brace abs as you push plate overhead
- Elbows slightly forward

PLATE PRESS OVERHEAD

- Feet outside hip-width – toes out
- Chest up – abs braced
- Plate starts flat at collarbones
- Push plate above head, elbows slightly forward

SQUAT WITH OVERHEAD PRESS

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

SQUAT WITH OVERHEAD PRESS AND HEEL LIFT

- Lift heels to warm up calf muscles

SET UP

- A heavy bar and 1x heavy plate

MUSIC	EXERCISE
0.00	Set up Combo 1 moves – Clean and Front Squat, Clean and Press, Upright Row
0.30	COMBO 1
	Clean and Front Squat x10 Clean and Press x10 Upright Row (until end of the minute)
1.30	Recovery. Set up Combo 2 moves – Forward and Backward-Stepping Lunge with Overhead Press, Jumping Lunge with Overhead Press, Power Lunge
2.00	COMBO 2
	Forward and Backward-Stepping Lunge with Overhead Press L+R x10 Jumping Lunge with Overhead Press L+R x10 Power Lunge L+R (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

A short, sharp setup is a must, then your team will be ready to move as soon as the first working block begins. Show them what equipment they need and then outline the track – 4 one minute rounds, 2 movement combinations performing a 10/10 Max Out to the end of the minute. Demo the moves for Combo 1, clearly explain how to count the repetitions for each move and you're straight into the work!

DRIVE

Results are earned not given. Check in with your team after round 1 to make sure they have sufficient weight on their bar to really drive their heart rate through the roof. If they want the incredible results later, they need to work now!

CLEAN AND FRONT SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Clean the bar up close to the body
- Squat quickly under the bar, **butt down and back to just above knee-height**
- Bar to collarbones
- Lift elbows to lower the bar
- Return to set position

**CLEAN AND PRESS**

- Pull bar up 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

UPRIGHT ROW

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

CONNECTION

Use prescriptive coaching to help your team develop more efficient technique and improve their strength. Like Freddie, explain the benefits of sitting lower in Squats to get the heart rate up. Demonstrate how to get a fast Clean by pushing elbows forward. There's only 2 rounds of work in this track so by the first round ensure your team is moving at full range with smooth, controlled technique. Get their heart rates up and put them in a good position to introduce speed. In round 2 get out on the floor and push your team to jump higher, drop lower and move faster so they make the most of every remaining second in the track.

FORWARD & BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

- Feet hip-width – long step forward and back
- Chest up
- Front thigh parallel to floor in bottom of Lunge – knee in line with toes
- Brace abs as you press plate above head
- Elbows slightly forward

⇓ **OPTION: NO PLATE**

JUMPING LUNGE WITH OVERHEAD PRESS

- Plate held in front of collarbones and parallel to floor
- Long stride – back heel off floor
- Chest up – abs braced
- Front knee out
- Front thigh parallel to floor
- Jump into Lunge pressing plate above head
- Weight even between feet
- Jump back to hip-width – plate returns to collarbones
- Repeat alternating legs

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

POWER LUNGE

- Jump into a long Lunge – back heel off floor
- Chest up – abs braced
- Front knee out
- Front thigh drops parallel to floor
- Use Lunge to absorb landing
- Propel out of bottom of Lunge
- Go for depth and height
- Both arms in air to drive body up

⇓ **OPTION: BACKWARD-STEPPING LUNGE, NO JUMP**

SET UP

- A heavy plate

MUSIC**EXERCISE**

0.00

Set up Skill: Single Arm Squat Clean and Single Arm Clean and Press

SKILL (Arm 1)

0.45

Single Arm Squat Clean

1.15

Single Arm Clean and Press

1.44

DRILL

Coach will call out moves at random – **Clean, Down, Press or Clean and Press**

2.44

Recovery

Repeat Skill on the other side: Single Arm Squat Clean and Single Arm Clean and Press

SKILL (Arm 2)

3.13

Single Arm Squat Clean

3.43

Single Arm Clean and Press

4.17

DRILL

Coach will call out moves at random – **Clean, Down, Press or Clean and Press**

5.17

Recovery

COACHING TIP

The Skill Drill is a new type of training 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. Tailor your advice for plate technique to match the equipment you are using. Remind the team to work at their own pace.

CONNECTION

"Coach Calls" is all about fast reaction times. This is a physical and mental test to see how quickly your team's mind and muscles can respond. Have a bit of fun with this track – mix up your calls so your team never know what to expect and are constantly on alert.

DRIVE

How quickly can your team react to the unknown nature of your calls? This is not only about fast reaction times but also range of motion and control. Don't let your team throw their technique out the window in between the Skill and Drill phases of the track.

HIIT SCIENCE

One of the key aspects of this skill is that we train our core to keep our trunk in midline with a unilateral load. This improves the precision of our core stabilizers which is an important factor in injury prevention.

SINGLE ARM SQUAT CLEAN

- Keep plate close to body
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Clean plate to front of shoulder

SINGLE ARM CLEAN AND PRESS

- Brace abs as you lift the plate overhead
- Elbow slightly forward



4

Drop Sets

SET UP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up Drop Set Combo 1: Front Squat/Back Squat, Row
0.45	DROP SET COMBO 1
	Front Squat/Back Squat x5 Bent Over Row x5
1.45	Recovery. Set up Drop Set Combo 2: Plyometric Pushup, Wide Pushup, Tricep Pushup
2.15	DROP SET COMBO 2
	Plyometric Pushup x5 Wide Pushup x5 Tricep Pushup x5
3.15	Recovery
3.45	Repeat DROP SET COMBO 1
4.30	Recovery
4.50	Repeat DROP SET COMBO 2
5.35	Recovery
5.55	Repeat DROP SET COMBO 1
6.25	Recovery
6.40	Repeat DROP SET COMBO 2
7.10	Recovery

COACHING TIP

Keep your introduction clear and concise as you only have 45 seconds to set your team up. 3 rounds of Drop Sets with 2 move combinations. As you progress through the rounds, the duration of each set decreases, as does the recovery. Demo the moves in the first combo and explain clearly how to count the repetitions.

CONNECTION

This is one of the most intense tracks in this workout. You will need to give your team time cues and options to motivate them to keep working until each recovery. Do the first couple of moves and transitions in round 1 with your team so they're 100% clear on how they're counting their repetitions. Make sure they know that it's a continuous cycle until the time runs out. Get out on the floor and work on their technique. Attending to any flawed technique early on means your team can get more work and greater results from the track.

FRONT/BACK SQUAT

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

BENT OVER ROW

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

DRIVE

As the duration of each set goes down, crank up the intensity! Your team will be fatiguing so keep them in the zone by challenging them. Can they push harder and move faster than they did in the previous round? Move to the front of the room in the final round of working sets like Marcus does, drive the team from here. Unite the team by being a prime example of athleticism and inspiration.

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.

PLYOMETRIC PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Abs braced
- Back long, strong and straight
- Chest to elbow-height
- Explode out of Pushup
- Land with bend in elbows

↓↓ **OPTION: ON KNEES**

WIDE PUSHUP

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

↓↓ **OPTION: ON KNEES**

TRICEP PUSHUP

- Hands under shoulders
- Abs braced
- Back long, strong and straight
- Elbows tucked in close to body
- Chest to elbow-height

↓↓ **OPTION: ON KNEES**

SET UP

- A heavy plate

MUSIC	EXERCISE
0.00	Set up exercises: 3-Step Run, Lateral Squat Jump with Jump Press (plate)
1.00	3-Step Run L+R
1.20	Recovery
1.30	Lateral Squat Jump with Jump Press (plate) L+R
1.50	Recovery
2.00	3-Step Run L+R
2.20	Recovery
2.30	Lateral Squat Jump with Jump Press (plate) L+R
2.50	Recovery
3.00	3-Step Run L+R
3.20	Recovery
3.30	Lateral Squat Jump with Jump Press (plate) L+R

COACHING TIP

The setup is simple. Tabata Training – 20 seconds of work, 10 seconds recovery, 3 rounds supersetting 2 exercises. You will need one heavy plate. This type of training will get you super fit, super fast and rapidly increase your anaerobic threshold. Inform your team from the beginning that if they want to benefit from the incredible results this type of training has to offer, they need to work hard and fast over the next few minutes. This is not the time to hold back!

CONNECTION

The intensity in this track comes from a combination of speed and range of movement. Once you've coached these factors, focus on using short words to cut through your team's mental and physical fatigue – faster, longer, lower, stronger.

DRIVE

Reps are nothing without range! Continue to reinforce the benefits of maximum range in the Run and Squat Jump. The more your team push, the more muscles they'll recruit, the more they stand to gain. Next, focus on speed. Set the challenge – can your team move even faster? Move with them in round 3, flying towards the finish line.

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.

3-STEP RUN

- Drop into Single Leg Squat
- Drive off the side of the foot
- **Knee out** on direction change
- **Chest up – sit the hips back and down**

LATERAL SQUAT JUMP WITH JUMP PRESS (PLATE)

- Feet outside hip-width
- Chest up – abs braced
- Plate in front of collarbones – elbows under plate
- **Bent knees on take off and landing**
- Drive body weight to the side
- Propel out of Squat
- **Take off and land from your Squat position**
- Elbows slightly forward on Press

↓↓ **OPTION: NO PLATE**

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Plate Crunch	
0.15	Plate Crunch	4x
0.30	Pulse Crunch	16x
0.46	Hover with Arm Sweep L+R	
1.16	Hover with Arm Sweep + Lifted Leg L+R	
1.40	Set up Plate Crunch	
1.48	Plate Crunch	4x
2.03	Pulse Crunch	16x
2.19	Rotating Hover L+R	8x

COACHING TIP

Your team have absolutely pushed their limits to get to this point of the workout so convince them that it's worth committing to the final few minutes for some functional core training. This track has quick move transitions so be on cue!

CONNECTION

A strong core is the foundation of a strong athlete. Don't let fatigue eliminate the benefits to be gained for your team. Outline options at the beginning to make sure everyone in the room has the opportunity to continue moving safely and effectively.

DRIVE

Everyone turns up to the workout for different reasons but ultimately they have come for the same outcome... results! This is your teams final opportunity to work hard so challenge them to hang on until the final second of the workout, finishing strong and proud!

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 power training.

PLATE CRUNCH

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

↓↓ **OPTION: NO PLATE**

PULSE CRUNCH

- Feet on floor
- **Slide ribs to hips** – chin tucked
- **Push plate towards ceiling**
- Pulse

↓↓ **OPTION: NO PLATE**

HOVER WITH ARM SWEEP

- Elbows under shoulders
- **Brace abs**
- **Back long, strong and straight**
- **Hips and shoulders square on arm sweep**
- Alternate arms

↓↓ **OPTION: ON KNEES**

HOVER WITH ARM SWEEP + LIFTED LEG

- Lift one foot up, keep back long and straight
- Alternate sides
- Leg to hip-height

ROTATING HOVER

- Elbows under shoulders
- **Roll weight onto one side**
- **Brace core so body moves in one block**
- Alternate sides

↓↓ **OPTION: BOTTOM KNEE ON FLOOR ON ROTATION**

↑↑ **OPTION: LIFT TOP LEG**



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.

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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