

LES MILLS
GRIT™

PLYO

LES MILLS

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 **Fighting Globesity**

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RELEASE

11

LIVE IN VENICE BEACH, CA

FEATURES:
EXERCISE AND PREGNANCY
THE STAGES OF CHANGE

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™ 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

LES MILLS GRIT™ 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

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 slowdown, 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.

LES MILLS GRIT™ PLYO 11

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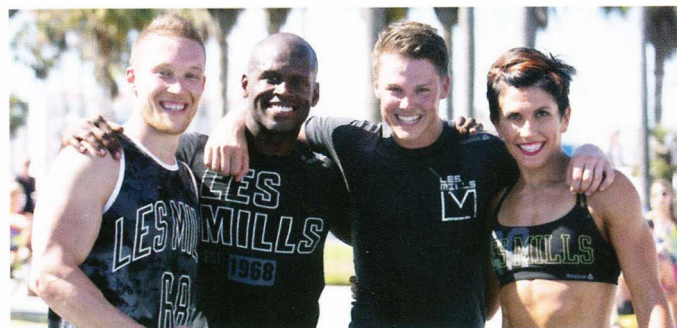
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EXERCISE AND PREGNANCY

Exercise and pregnancy is a hotly debated topic, and it's really important that we know what to advise our pregnant members. Although high-intensity training such as LES MILLS GRIT™ is not recommended when pregnant, this Education session will explore the benefits of other forms of exercise for expectant mothers, and explain how they can stay safe while being active.

Remind your participants to seek advice from their obstetric caregiver. The advice of their doctor should always be the first consideration when undertaking exercise while pregnant.

Recent guidelines¹ encourage participating in regular exercise before, during and after pregnancy for both active and sedentary women. They emphasize that pregnancy - and the associated physiological changes - are no longer seen as limitations; this is not the time to be confined to the couch! Even those who have been previously inactive are encouraged to take up some form of exercise, and make some healthy lifestyle changes.

So why, for those few months of your life when all you want to do is sleep and eat donuts, do we have to eat really well and exercise?

BENEFITS OF EXERCISE

- Maintaining a good level of fitness will set you up for an easier, shorter labor with better recovery and fewer chances of complications.¹
- Training your abs during pregnancy will lessen the degree of abdominal wall separation too - a condition which can cause lower back and pelvic pain.²
- Exercise helps normalize the birth weight of your baby. This is important as heavy babies are more likely to develop illnesses such as obesity, metabolic disease and cardiovascular disease later in life.⁴
- Staying physically active helps you avoid getting Gestational Diabetes Mellitus (GDM) - a type of diabetes that can occur during pregnancy. This condition puts you at greater risk of complications, and makes you more prone to developing type 2 diabetes in the future. Women with GDM are also more likely to deliver large babies, who may subsequently suffer from childhood obesity and metabolic disorders.⁴
- Problems with high blood pressure - known as hypertensive disorders - can cause issues like pre-term delivery and is the leading cause of maternal mortality also. Studies have shown that being active during pregnancy can help to prevent these complications as well.⁴

Other benefits include having babies that are alert, calm, self-quieting and better able to cope with the stresses of labor.³ On the other hand, neglecting exercise and gaining too much weight during pregnancy can place extra stress on the joints and contribute to an increase of lower back pain.³

SO, WHAT'S OUR ADVICE?

The following programs are not recommended during pregnancy:

BODYCOMBAT™

We don't recommend BODYCOMBAT™ because of the joint instability. The release of hormones such as oestrogen and relaxin can result in joints being less stable - so the kicks in BODYCOMBAT™ may aggravate the hips and pelvis.

LES MILLS GRIT™

LES MILLS GRIT™ is a high-intensity workout for people who are wanting to really take their fitness to the next level. Pregnancy is not the time to be pushing the body to its limits.

The rest of our programs should be OK to continue with, but with the following modifications:

CXWORX™

Working the core in CXWORX™ should be safe in the first and second trimester and has been shown to minimize disruption of the abdominal wall during pregnancy.¹ You can offer the option for them to work the abs in four-point kneeling, supporting themselves on their elbows (ensuring they keep their chest lifted) or rolling over to do Hover or Plank work when it's no longer comfortable for them to lie flat on their back.

BODYATTACK™ and BODYSTEP™

If they have regularly attended these classes prior to their pregnancy, then these programs should be safe to continue. A few suggested modifications include:

- Taking low-impact options in BODYATTACK™.
- In BODYSTEP™, decrease the number of risers and take low-impact options. Ensure they have a stable base of support by ensuring that the foot is always planted firmly on the step every time and by keeping a slightly wider base of support.

BODYPUMP™

Participants should set their bench to an incline.

RPM™

Participants should modify their intensity by taking regular breaks, reducing resistance and avoiding standing positions on the bike when they feel it is necessary.

BODYVIVE™ AND BODYBALANCE™/BODYFLOW®

Both programs can be started for the first time during pregnancy, and are ideal for making healthy lifestyle changes.

Check out the DVD for some great demonstrations of these options.

SO WHAT CAN YOU TELL YOUR PREGNANT MEMBERS?

- Exercise is really important for a healthy mother and baby
- Do whatever you have been doing, reducing intensity when you, and your doctor, think you should
- Drink plenty of water
- Wear comfortable, cool clothing
- Don't lie on your back
- Remember to consult your caregiver about your plans for exercise



REFERENCES:

1. Aitai, R. and O'Toole, M. (2003) Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period. *Br J Sports Med* 37: 6-12.
2. Benamen, D.R., et al. (2014) Effects of exercise on diastasis of the rectus abdominis muscle in the antenatal and postnatal periods: a systematic review. *Physiotherapy*, 100: 1-8.
3. Pope, T.J. Core Training Exercise Selection During Pregnancy. *Strength and Conditioning Journal* Vol. 34, No. 1, February 2012.
4. Mudd, L. et al. Health Benefits of Physical Activity During Pregnancy: An International Perspective. *Medicine & Science in Sports & Exercise*, July 2012.

SMARTSTART

Hey Coaches, wanna pack your workouts?

There's a big group of people out there who need our help - and you'll often find them in the back row trying not to be noticed. By using some simple, proven tools to take care of this group you can get them hooked into fitness and, at the same time, grow your workout numbers.

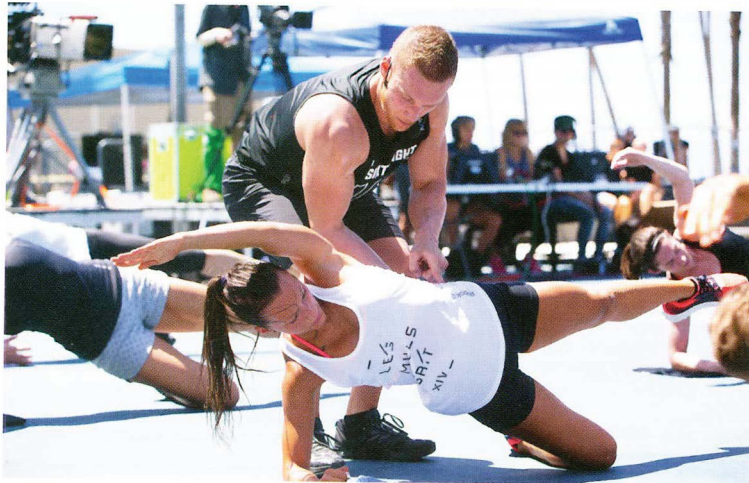
Statistics tell us that 50% of people who join gyms will drop out within the first 6 months.¹ We need to look after the back row, because it is this group that we are most at risk of losing. Over the next 12 months we'll be giving you tips and tricks to make sure you have the tools to look after the new people in your workouts. We've also developed a bunch of resources for participants to help them on their journey to fitness. We've called this body of work "SmartStart", and it'll always be labeled like this:

SMARTSTART

Les Mills has conducted in-depth research into beginners' adherence to exercise, and we now know that the key to great results is starting slowly. As coaches, this means giving new people the option to leave after the first 20 minutes, as well as taking an interest in their training schedules; the optimal mix is cardio, strength, core training and flexibility.

Getting started doesn't mean running a marathon on day one. Or even month one! Encouraging people to ease their way into exercise means they are more likely to stick with it for the long haul.

Read the first of our education series on the following page to gain great insights into just what these new people are going through.



STAGES OF CHANGE

There are 6 stages of change that people experience when they move from sedentary behavior to taking up exercise.

THE STAGES OF CHANGE

1. **PRECONTEMPLATION** Not currently active and don't intend to become active in the immediate future: I WON'T and I CAN'T stage.
2. **CONTEMPLATION** Not currently active, but intending to become active at some point in the next 6 months: I MIGHT stage.
3. **PREPARATION** Not regularly active but preparing to begin exercise within the next 30 days: I WILL stage.
4. **ACTION** Currently participating in exercise, but at risk of returning to their previous inactive state: I AM stage.

5. **MAINTENANCE** Active for at least 6 months, exercise has become a stable part of their life: I HAVE stage.
6. **TERMINATION or RELAPSE** Either a permanent change has been made or people will regress to an earlier stage - at which point they will either give up or have to start again.

The challenge for you as a coach is to guide people through these stages - making the job easier for them and understanding how vulnerable they are of returning to their previous inactive lifestyle.

THE KEY FACTOR - SELF-EFFICACY

The key factor in how likely someone is to progress through these stages of change is their level of self-efficacy

SELF-EFFICACY = CONFIDENCE

Self-efficacy is the confidence someone has in overcoming obstacles and resisting temptation (to return to their previous behavior) in order to reach their goals. Studies have shown a consistently positive relationship between self-efficacy and progress through the stages of change²; the higher their level of confidence, the greater the likelihood that individuals will achieve their goals. So, the secret to looking after the back row in your workouts is to keep their confidence HIGH... how do we do this?

1. THEY CONTROL THEIR WORKOUT

Allow your members to manage both the duration and intensity of their training. Trying anything new can be intimidating and - as you now know - the key to success is to start slowly and feeling like you're in control.

2. FREQUENCY BEFORE INTENSITY

It's more important to just get people into the habit of exercising, before you start yelling at them to work harder. Remember to offer people options so they can tailor the workout to their ability, and ensure you present these modifications in a positive way - allowing them to feel good about what they can do, rather than making them feel like they can't keep up.

3. CELEBRATE THE IMMEDIATE WINS

Focus on the gains that occur as soon as people become active: increased energy levels, feeling more positive, or the endorphin high you get straight after a workout. These things happen straight away, and are much better to focus on than long-term aesthetic goals like getting a smaller butt!

Combining these 3 tools will reduce anxiety around exercise - increasing people's confidence and helping them reach the stage whereby physical activity is a permanent feature in their lives.

REMEMBER: Instill confidence, give people control, and celebrate every small step of their journey to fitness. Because if we stand for a fitter planet, this means everyone - not just the front row.

REFERENCES:

1. Armitage, C. J. (2005). Can the theory of planned behavior predict the maintenance of physical activity? *Health Psychology*, 24(3), 235-245
2. Jackson D. How Personal Trainers Can Use Self Efficacy Theory to Enhance Exercise Behavior in Beginning Exercisers. *Strength and Conditioning Journal* Volume 32 Number 3 June 2010

TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuro Muscular Pre-conditioning	Program Specific
2	Pyramid Challenge	Speed Based Threshold Training	Program Specific
3	Coach Calls	Speed Based Agility Training	Mix and Match
4	Circuit 5/10/15	Speed Circuit	Program Specific
5	1-Minute Challenge	Metabolic Kicker	Mix and Match
6	Core	Athletic Core Training	Program Specific



WORKOUT STRUCTURE

LES MILLS GRIT™ uses 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! We filmed these releases on the basketball courts at Venice Beach, California. Venice Beach has an awesome culture that is heavily influenced by fitness – surfing, skating and of course the iconic muscle beach and Gold's gym. So we took LES MILLS GRIT™ to this fitness mecca!

Sit back and have a careful read of the information below. There's lots of important stuff in here that you need to know to ensure you teach the program effectively.

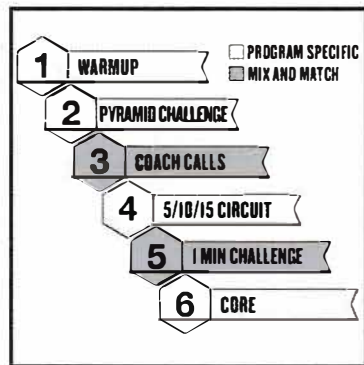
THE NEW RELEASES

MIX AND MATCH

TRACKS TO MIX AND MATCH: 3 AND 5

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

In these releases the mix-and-match tracks are Tracks 3 and 5 (see below).



Whatever track you begin the workout with dictates the type of workout it is. For example, if you coach Tracks 1, 2, 4 and 6 from Cardio, Track 3 from Plyo 11 and Track 5 from Strength 11, this would be a Cardio workout.

As a coach, this gives you a huge amount of variety – so have fun mixing things up!

MUSIC

To make mixing and matching super easy, always use the music specific to the core program you are coaching. Use the music from the core program and only switch exercises for the mix-and-match tracks.

For example, if coaching a Cardio workout, you could use Cardio music for Tracks 3 and 5 and mix with the exercises from Strength.

EQUIPMENT

If the mix you are using involves setting up different equipment for later tracks, it is important that you make this clear at the beginning of the workout. You may stop the music for a max of 30 seconds to set up, but no longer than that as intensity levels will drop.

COMPETITION TRACKS 4 & 5

In these releases there are two opportunities to compete: Tracks 4 and 5.

You'll see a new competition sheet in your kit, or in your digital file. This sheet is specific to these new releases.

FAQs

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 11, LES MILLS GRIT™ Plyo 11 and LES MILLS GRIT™ Cardio 08), and only the allocated tracks stated in the choreography notes (eg in these releases the mix-and-match tracks are Tracks 3 and 5).

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 participants. We know that competition is popular with millennials (people born between 1980 and 2005); it's key 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 participants. Either email them a PDF 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, coaching the same workout 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 participants, 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 really 'go off'! Please send your feedback to blah@lesmills.com.

SPREAD THE LOVE

We now have over 100,000 fans on the LES MILLS GRIT™ Facebook page! Are you one of them? Encourage your participants to join us too.

[facebook.com/LES MILLS GRIT](https://www.facebook.com/LES MILLS GRIT)

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 Lateral Walking Plank	
0.12	Lateral Walking Plank L+R	2½x
0.30	Set up Bench Squat	
0.35	Bench Squat L+R	2x
0.50	Bench Squat with Jump L+R – slow	2x
1.05	Bench Squat with Jump L+R – fast	4x
1.20	Bench Squat with Propulsion L+R	3x
1.30	Set up Bench Pushup	
1.35	Bench Pushup	7x
1.49	Forward Bench Jump with Shuffle L+R– slow	
2.05	Forward Bench Jump with Shuffle L+R– fast	4x

COACHING TIP

Tell your team there are two key things about this workout: focusing on multiple planes of movement and learning about the mechanics of explosive movement. During the Accelerated Warmup introduce your team to the new moves that will appear throughout the workout and set them up with perfect technique. Like Sheldon does, ensure that from the start your team is moving safely and effectively so that they can continue that behaviour for the entire 30 minutes.

CONNECTION

Sheldon's energy is infectious. Get your team amped and ready for the 30 minutes ahead by kicking off with a similar, positive attitude. Encourage everyone to be excited about the challenges they're going to encounter.

DRIVE

During the Accelerated Warmup, right before the hard work begins, you have the most attention from your team. Use this time to set their priorities. Range of movement and exploding off the bench is more important than speed and number of reps. Reiterate the message that a full range of movement reaps the most benefits.

Lights & Thunder > 2.44 mins

LATERAL WALKING PLANK

- Plank position beside bench with hands and feet on floor
- **Back long, strong and straight**
- **Keep hips and shoulders parallel to floor**
- Hands walk over bench with feet moving at same time on floor
- **Brace abs**
- Repeat other side

↓↓ **OPTION: HOLD PLANK POSITION**

↓↓ **OPTION: ON KNEES**

BENCH SQUAT

- One foot on bench, one on floor
- **Butt drops just above knee level** of leg on bench
- Knees track out
- **Chest up – abs braced**

BENCH SQUAT WITH JUMP

- **Brace core on Jump**
- **Soft knee landing back into Squat**

BENCH SQUAT WITH PROPULSION

- Use arms to get more height

↓↓ **OPTION: NO JUMP**

BENCH PUSHUP

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

↓↓ **OPTION: ON KNEES**

FORWARD BENCH JUMP WITH SHUFFLE

- Two foot take off from floor
- Two foot landing on bench, two foot landing onto other side of bench
- **Soft knee landing**
- **Chest up – abs braced**
- Stay low in legs on Shuffle around side of bench
- Repeat with Shuffle to other side

MUSIC EXERCISE

0.00 Set up and demo exercises – Lateral Bench Leap and Lateral Walking Plank

0.30 **ASCENDING LADDER (1 min)**

1x Lateral Bench Leap, 1x Lateral Walking Plank,
2x Lateral Bench Leap, 2x Lateral Walking Plank...

1.30 Recovery

2.00 **DESCENDING LADDER (1 min)**

From the number reached in the Ascending Ladder, try and work your way back down to 1 rep of each move. If you make it back to 1 before the time is up, stay on singles until the recovery

3.00 Recovery

3.30 **PYRAMID (2 mins)**

Work up to the number of reps reached in the Ascending Ladder, then combine with the Descending Ladder and work back down to 1 rep

COACHING TIP

Explain the Pyramid Challenge: it's 3 working blocks of 2 exercises. Demo the moves and explain how the Ascending Ladder works for the first phase. Be clear as you coach takeoffs, landings and body positioning for the Lateral Bench Leap. Warn everyone that if they don't sink low in their legs they won't get the results they're after. Stay on top of them! Remind them to keep their body weight forward over their hands in the Lateral Walking Plank.

CONNECTION

Do the first few repetitions of each block with your team then get on the floor to motivate, drive and address any technique issues. Correcting technique as early as possible in the track means your team have a greater opportunity to work to their max in all 3 working blocks. Connect with your team by spending one-on-one time with them, advancing their technique and building their confidence to go for a new personal best.

DRIVE

Drive your team right from the start of the track by letting them know that the benchmark number they set in the Ascending Ladder will carry across the next 2 working phases. When pushing for intensity, tell them how to take it to the next level and in some cases show them. As their coach you need to be an inspiration to your team so don't skip out on all the work yourself!

LATERAL BENCH LEAP

- Feet just outside hip-width to side of bench
- Bend knees
- Two foot take off – landing on opposite side of the bench
- Soft knee landing
- Chest up – abs braced
- Use arms to drive

!! **OPTION: LEAVE ONE FOOT ON BENCH**

LATERAL WALKING PLANK

- Plank position beside bench with hands and feet on floor
- Back long, strong and straight
- Keep hips and shoulders parallel to floor
- Hands walk over bench with feet moving at same time on floor
- Brace abs

!! **OPTION: HOLD PLANK POSITION**

!! **OPTION: ON KNEES**

HINT SCIENCE

The integration of these two moves allows us to focus on conditioning in the frontal plane (moving to the side). Training in this plane delivers agility and the ability to change direction with power and precision.

MUSIC EXERCISE

0.00 Demo Block 1 moves – Single Leg Bench Jump with Tuck and Shuffle

1.00 BLOCK 1

Coach will call out a change of leg at random –
Single Leg Bench Jump with Tuck and Shuffle
(right leg, left leg)

2.00 Recovery. Demo Block 2 moves – Lateral Pushup with Bench Shuffle and Side Climber

2.20 BLOCK 2

Coach will call out moves at random –
Lateral Pushup with Bench Shuffle L+R *(Pushup)*
Side Climber L+R *(Side Climber)*

3.20 Recovery

3.40 Repeat BLOCK 1

4.40 Recovery

5.00 Repeat BLOCK 2

Out The Speakers/Rage The Night Away > 6.03 mins

COACHING TIP

Clearly explain how this track works and demo the first move. Block 1 involves a change in leg and Block 2 a change in move. Your team will begin by doing the same move continuously for a full minute. The Coach will randomly call out a change which will indicate which leg to use for take off and which direction to Shuffle. Nikki explains this well informing her team that if the coach calls a leg change, they are to finish the rep they're on before making the switch. She then gets her team to practise a couple of reps on each leg. Nikki helps them get a feel and understanding of what to do before the real work begins.

CONNECTION

Coach Calls is all about reaction times. Switch up your calls to keep your team guessing – challenge them to make their mind and body work together as quickly as possible. When you see fatigue setting in, remind the team of their options so they can keep working at range with good form.

DRIVE

This track will push your team towards physical and mental fatigue. Keep them engaged and working at high levels of intensity by further developing their technique in the second set of each block of moves – challenge them to react faster than they did in the first sets!

HIIT SCIENCE

The Single Leg Bench Jump with Tuck delivers pure plyometric training using the load-explode principle. The Lateral Pushups and Side Climbers are a super set for the obliques – top half stressed in the first block with the bottom half in the second.

SINGLE LEG BENCH JUMP WITH TUCK AND SHUFFLE

- Whole foot on bench for take off
- Land with bent knees
- Feet hip-width apart
- Chest up – abs braced on jump into Tuck
- Soft knee landing
- Shuffle around bench – face bench for first rep
- Use Shuffle to reset before next Jump

⇓ OPTION: SQUAT JUMP WITHOUT TUCK



LATERAL PUSHUP WITH BENCH SHUFFLE

- One hand on bench, one on floor
- Chest to elbow-height – align with arm on bench
- Abs braced – back long, strong and straight
- Shuffle across bench keeping chest square
- Chest drops to elbow-height on opposite end of bench
- Feet stay still

⇓ OPTION: ON KNEES / WALK HANDS ACROSS THE BENCH

SIDE CLIMBER

- Plank position with hands just outside shoulders on bench
- Back long, strong and straight
- Abs braced
- Jump both feet out to side – aiming to get them outside the elbow
- Knees jump forward to 90 degree angle
- Hips down with slight hip-twist
- Jump feet back to Plank
- Repeat to other side

SET UP

- A heavy plate

MUSIC EXERCISE

0.00 Set up exercises and get heavy plate ready

0.45 ROUND 1

Tricep/Chest Pushup Combo –
 1 Tricep Pushup – walk hands off bench,
 1 Chest Pushup with Propulsion back onto bench x5
 Squat Jump with Overhead Plate Press x10
 Lateral Bench Jump L+R x15 (count each leg)
 Repeat as many times as you can in 2 minutes

2.45 Recovery

3.30 ROUND 2

Tricep/Chest Pushup Combo x5
 Squat Jump with Overhead Plate Press x10
 Lateral Bench Jump with Plate L+R x15 (count each leg)

5.30 Recovery

6.15 ROUND 3

Tricep/Chest Pushup Combo x5
 Squat Jump with Overhead Plate Press x10
 Sumo Plyo Bench Jump x15

COACHING TIP

You have 45 seconds to get out the essential info, so keep it simple. Tell them it's 5/10/15 Circuit Training with 3, 2-minute rounds. Set your team up with the equipment they need and demo the 3 moves, clearly explaining how many reps of each exercise and how to count them. Jeremiah counts his team through the first set of the circuit and leads them straight into their next set which eliminates any confusion, keeping the team working hard every second. Use the recoveries to explain and demo the move advancements for rounds 2 and 3.

CONNECTION

Outline options early so that everyone has the opportunity to keep moving. You will see the coaches constantly reminding their team that the focus of plyometric training is height and explosion, not speed. Encouraging team members to slow it down and go for more complete repetitions with controlled range of motion will help them develop their explosive power, recruiting more muscle fibers and burning more calories.

DRIVE

Jeremiah sets up Round 3 as the challenge round – the final opportunity to go for gold. This motivates his team to put their fatigue to the side so they can focus on performance and give the final 2 minutes of the track everything they've got.

HIIT SCIENCE

Each of these moves provide the opportunity to work on explosive power. Using the recoil action (stretch reflex) in the target muscles maximizes the amount of muscle fibers recruited with every rep. This is a great way to drive heart rate.

I Won't Break/Infinite Daps > 8.23 mins

TRICEP/CHEST PUSHUP COMBO

- Hands under shoulders on bench
- Chin tucked – abs braced
- Elbows tuck into ribs
- Chest to elbow-height
- Walk hands to floor
- Explode out of the bottom to jump hands back onto bench
- Land with soft elbows
- Brace abs

!! OPTION: ON KNEES

SQUAT JUMP WITH OVERHEAD PLATE PRESS

- Feet just outside hip-width
- Chest up – abs braced
- Plate slightly forward on Press up
- Bent knee landing
- Use Squat to absorb landing

!! OPTION: NO JUMP

LATERAL BENCH JUMP

- One foot on bench, other on floor
- Bend knees
- Jump up
- Bent knee landing on opposite side of bench
- Chest up – abs braced
- Use arms to drive
- Squat deep to drive intensity

WITH PLATE

- Plate in front of collarbones
- Abs braced

SUMO PLYO BENCH JUMP

- Straddle bench
- Jump onto bench
- Bent knees on landing
- Abs braced – chest up
- Use arms to drive
- Squat deep to drive intensity

MUSIC	EXERCISE
0.00	Set up Challenge and demo moves – Squat Burpee Bench Leap Twist
0.45	1-MINUTE CHALLENGE Squat Burpee Bench Leap Twist Repeat as many times as possible in 1 minute

COACHING TIP

Sheldon gives a really detailed demonstration of the 1-Minute Challenge move – the Squat Burpee Bench Leap Twist and the option. This track is super short so a clear setup is paramount to make sure your team make the most of every single working second.

CONNECTION

Give frequent time cues in this track to make your team accountable for every second of effort. This will also help keep them in the game knowing that the end is approaching fast.

DRIVE

Don't just ask your team to unleash their inner athlete, unleash yours with them! Driving from the front of the room in this hard and fast track will keep the energy up and the team motivated.

SQUAT BURPEE BENCH LEAP TWIST

- **Butt down and back – just above knees** going into Half Squat
- **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**
- Feet wide as you jump back up
- **Soft knee landing**
- Jump over bench/plate
- Body moves as one in Twist

!! OPTION: PUSHUP ON KNEES / JUMP ON AND OFF BENCH

HIIT SCIENCE

This last phase of explosive work will often define the workout. H.I.I.T is the best way to generate EPOC enabling you to burn calories long after the workout. One last spike of intensity at this phase of the class will maximize this effect.

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Plate C-Crunch	
0.33	Plate C-Crunch	8x
0.56	Plate C-Crunch with Pulse	2x
1.08	Crunch with Pulse + Leg Extension	8x
1.19	Recovery	
1.30	Oblique Twist L+R – slow	2x
1.41	Oblique Twist L+R – fast	8x
2.04	Recovery	
2.24	Oblique Twist L+R – fast	8x
2.46	Crunch with Pulse + Leg Extension	12x

COACHING TIP

Nikki starts by acknowledging the serious level of effort that has already been committed to this workout – she then leads her team straight into the core track.

Keep your coaching simple and provide options to keep everyone moving. Some of the move changes occur quickly so be clear with your coaching and inform your team when a new move is coming.

CONNECTION

You want your entire team to finish strongly and be proud of what they've achieved in the last 30 minutes. Nikki's tone of voice is uplifting and fun. She keeps her team's attention until the very end of the workout. You should do the same.

DRIVE

Remind everyone that a LES MILLS GRIT™ athlete doesn't get this far and then pull out. Tell them they've really pushed their limits in the previous working tracks – now isn't the time to stop! Sell them the benefits of core training and keep them working hard until the music stops.

Ongoing Thing > 3.08 mins

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 towards floor as legs lower**
- **Chin tucked**

PLATE C-CRUNCH WITH PULSE

- Add a Pulse when pushing plate to ceiling

↓↓ OPTION: NO PLATE

OBLIQUE TWIST

- Fingertips to temples, elbows wide
- **Chin tucked**
- Feet off floor
- Crunch across, taking opposite shoulder to opposite knee
- **Lower back stays glued to the floor**

↓↓ OPTION: FEET DOWN / KNEES BENT OVER HIPS

CRUNCH WITH PULSE + LEG EXTENSION

- Plate held up above shoulders
- Legs off floor
- **Slide ribs to hips** – Crunch up and push plate up not forward
- **Abs braced**
- **Chin tucked**

↓↓ OPTION: NO PLATE / KNEES BENT OVER HIPS



OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,500 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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