

LESMILLS
GRIT™

STRENGTH



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

LES MILLS GRIT™ STRENGTH 11

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The Fine Print

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TEAM COACHING

WORKOUT INTRODUCTION

Set your team up with enough information and mental toughness to get them through.

1. Let them know what is coming up, when they are going to rest and when they will power through
2. Demonstrate any initial moves
3. Let them know that they should work as hard as they can in each set because the key to LES MILLS GRIT™ is the breaks and recoveries. There are a lot of them. Go hard, it's why you're here
4. Say that this is THEIR individual challenge, they are competing with themselves, if they need to stop or slow down, do it. Next week you'll do 1 more rep, the week after that 1 more still. Work as a team to pull each other through!
5. Remind them that it is 30 minutes! And you can do anything for 30 minutes right?

SO NOW WHAT? THE LES MILLS GRIT™ COACHING MODEL IS IN 4 PARTS:

1. SETUP

Go through all the essentials – body part and direction, safety cues, technique tips, range etc. for each move. This is the truly ESSENTIAL stuff. Show it, say it, move on. This is in your workout notes.

2. CONNECT

Now the true coaching comes into play. Get on the floor with your team, start working on their individual technique, motivate them, challenge those who are flagging. Give your team options and acknowledge the effort they're putting in, even if they don't take the hard road.

3. DRIVE

Hammer, smash, kick, motivate, grunt and inspire. When the going gets tough, LES MILLS GRIT™ Coaches get inspirational. The harder you work here, the more effort you put in, the more your team will. It's grassroots coaching. Take your team to the end with you, even if you're dragging them kicking and screaming.

4. RESET

Just because that was one of the hardest things you have ever put your body through, doesn't mean you get to rest. Let your team know where they are in the workout, what's coming up, and how amazingly they have done so far. The more encouragement you give them here, the more they are likely to want to complete the next set.

AND FINALLY...

The end of 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.



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.³
- 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. Artal, 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. Benjamin, 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. Piper, T.J. Core Training Exercise Selection During Pregnancy. *Strength and Conditioning Journal*, Vol. 34, No. 1, February 2012.
4. Mudd, Lanay M. 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 **RELAPESE** 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: Instil 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	3D 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.

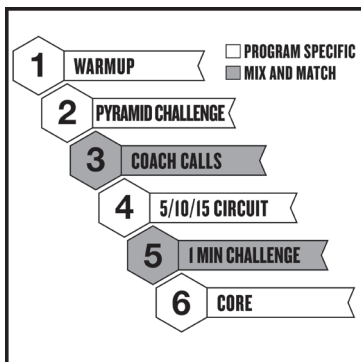
THE NEW RELEASES

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/LESMILLSGRIT

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LES MILLS GRIT™ STRENGTH

1

Accelerated Warmup

SET UP

- 1x heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Plate Squat	
0.08	Plate Squat 4/4 – slow	8x
0.38	Plate Squat 2/2 – fast	8x
0.53	Squat with Overhead Press	7x
1.08	Pushup	7x
1.23	2x Bent Over Plate Row, 1x Forward Plate Raise	4x
1.53	Backward-Stepping Lunge with Plate L+R – slow	2x
2.08	Backward-Stepping Lunge with Overhead Press L+R	4x
2.24	Diagonal Lunge with Overhead Press L+R	4x

COACHING TIP

Set the tone of the workout here. Remind the team that their focus is strength training and that for the best results they should pay attention to their weight selection. Identify new people in your team and help them choose an appropriate weight. Encourage regular participants to challenge themselves throughout the workout by going slightly heavier if they're ready.

CONNECTION

During the Accelerated Warmup invite your team to unlock their athletic potential. Remind them that it makes no difference if they're here for the first time or on track for a new personal best because over the next 30 minutes they're in for a great workout that will redefine their physical potential.

PLATE SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Butt drops down and back to just above knee-height
- Knees out – tracking forward over toes
- Elbows under plate
- Plate to collarbones

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 – tracking forward over toes
- Straighten legs and drive plate above head – elbows slightly forward
- Brace abs

PUSHUP

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

↓↓ **OPTION: ON KNEES**

DRIVE

From the start identify those up for a challenge and those you will need to spend more time with to develop technique and confidence. Adjust your tone for these two groups by providing low impact and advanced options accordingly. A great LES MILLS GRIT™ Coach will deliver a phenomenal workout tailored to any level of ability.

BENT OVER PLATE ROW WITH FORWARD PLATE RAISE

- Tip forward from the hips – chest up – abs braced
- Plate goes from knees to belly
- Elbows in – squeeze between shoulder blades
- Raise plate forward, arms just forward of head
- Brace abs
- Control plate – don't swing on down phase

BACKWARD-STEPPING LUNGE WITH PLATE

- 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 under plate

WITH OVERHEAD PRESS

- Brace abs as plate goes overhead
- Elbows slightly forward

DIAGONAL LUNGE WITH OVERHEAD PRESS

- Plate in front of collarbones, elbows under plate
- Big step to the side with foot landing slightly forward (of the frontal plane)
- Foot angled out slightly
- Straighten back knee
- Press plate above head, elbows slightly forward – abs braced
- Repeat on other side



↓↓ **OPTION: NO PLATE**

2

Pyramid Challenge

SET UP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up and demo exercises – Bent Over Row and Front Squat
0.30	ASCENDING LADDER (1 min)
	1x Bent Over Row , 1x Front Squat , 2x Bent Over Row , 2x Front Squat ...
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

Set up quickly and clearly by explaining the Pyramid Challenge and its 3 working blocks. Demo the moves then explain the Ascending Ladder in block 1. Use your time in the recoveries to set up the next phase in the workout. Like Sheldon does, count your team through the first round so they are clear about what they're doing. By the time they hit the Pyramid, your team will be feeling very challenged so use strong time-cues to keep them moving through to the end.

CONNECTION

It's extremely important to develop accurate technique in the transition from the Bent Over Row to the Front Squat. Sheldon gives really clear and concise technique cues to ensure the team is moving safely and effectively at full range. Once your team is confident about climbing the Ascending Ladder, get on the floor and attend to issues with technique. If you address this in block 1 your team will be better, faster and stronger throughout the track.

DRIVE

Block 1 defines the workout by setting the number of reps for the rest of the track. Sheldon puts it succinctly when he says "what you do now will translate into the next block of work". It's vital that you make your team start as strongly as they can. Challenge them to get back down the ladder and hit the single repetitions before time runs out in blocks 2 and 3.

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 straight back

FRONT SQUAT

- Clean bar up close to the body
- Hold bar high on the chest
- Bar in front of collarbone
- 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

HIIT SCIENCE

This is our first opportunity to use muscle pressure to drive intensity. The coordination of these moves work together to fatigue our posterior chain muscles. The key is to use movement precision to generate the intensity that drives results.

3

Coach Calls

SET UP

- 1x heavy plate

MUSIC

EXERCISE

0.00 Demo Block 1 moves – Superman Pushup and Mountain Climber

1.00 **BLOCK 1**

Coach will call out moves at random –

Superman Pushup L+R

Mountain Climber L+R

2.00 Recovery. Demo Block 2 moves – Diagonal Lunge with Overhead Press and Bent Over Front Raise

2.20 **BLOCK 2**

Coach will call out moves at random –

Diagonal Lunge with Overhead Press L+R

Bent Over Front Raise

3.20 Recovery

3.40 **Repeat BLOCK 1**

4.40 Recovery

5.00 **Repeat BLOCK 2**

COACHING TIP

You have 1 minute to set your team up for this track. Use the time to give a clear explanation of the exercises and objectives: 4 blocks of work, 2 exercises in each block, working for 1 minute. Demo the exercises for the first round. Outline options early so that when fatigue hits your team know how to maintain their form at reduced intensity.

CONNECTION

Coach Calls is all about muscle memory. Keep your team guessing about when you will call changes to the moves. This ensures their muscles won't adapt to one pattern and will instead be continually changing. The quicker your team react to your calls, the more intensity they'll achieve.

DRIVE

For Blocks 3 and 4, keep your calls short and sharp – use the names of the moves only. Your team should be clear on technique now so get on the floor and really push them hard. Get them to fully commit to each repetition.

HIIT SCIENCE

Precision in these exercises comes from having an engaged core. We set the lats and upper back in Block 1 with the Superman Pushup and Mountain Climber with the glutes and posterior chain in Block 2 as we perform the Diagonal Lunge and Bent Over Front Raise. Learning to move quickly from one pattern to another delivers reactive core training.

SUPERMAN PUSHUP

- Hands slightly wider than shoulders
- Feet outside of hips
- Chest up – abs braced
- Pull elbows to the rear
- Chest to elbow-height
- Raise one arm on return to top
- Keep shoulders square and upper body stable
- Repeat on other side



↓↓ **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: HOLD PLANK POSITION**

DIAGONAL LUNGE WITH OVERHEAD PRESS

- Plate in front of collarbones, elbows under plate
- Big step to the side with foot landing slightly forward (of the frontal plane)
- Foot angled out slightly
- Straighten back knee
- Press plate above head, elbows slightly forward – abs braced
- Repeat on other side



↓↓ **OPTION: NO PLATE**

BENT OVER FRONT RAISE

- Feet hip-width
- Knees slightly bent
- Tip forward from the hips – chest up – abs braced
- Raise plate forward from knee level to just forward of the head
- Keep elbows extended
- Slide shoulder blades down and back

4

Circuit 5/10/15

SET UP

- A heavy bar

MUSIC

EXERCISE

0.00 Set up Circuit and demo moves – Clean and Press, Backward-Stepping Lunge and Pushup

0.45 **ROUND 1**

Clean and Press x5

Backward-Stepping Lunge x10 (count every leg)

Pushup x15

Repeat as many times as you can in 2 minutes

2.45 Recovery

3.30 **ROUND 2 – REPEAT AS ABOVE**

5.30 Recovery

6.15 **ROUND 3 – REPEAT AS ABOVE**

COACHING TIP

You have 45 seconds to get the vital info out, so keep it simple. Tell your team it's 5/10/15 Circuit Training with 3 identical, 2-minute rounds. Demo the 3 moves. Explain how many reps of each exercise and how to count them. Counting down as Sheldon does in Round 1 will eliminate confusion about the number of reps. Get your team to commit to a full range of motion and to prioritise range over speed.

CONNECTION

Tell everyone they're in for an incredible power training track. Identify those in need of extra help and spend time with them throughout the 3 blocks, encouraging them to keep moving. Be clear about options so everybody can stay in the workout. Challenge your team by suggesting they aim to beat their personal best in each round. Stay close to participants as they transition between circuits so they feel inspired and motivated to get straight into the next one.

DRIVE

Set a focus for each round – Round 1: Learn, Round 2: Master, Round 3: Get in 'The Zone'. In Round 3 encourage your team to stay committed. Remind them why they turned up. Tell them that pushing now will generate the metabolic afterburn they want so they can change their fitness levels and body composition. Shift between on the floor coaching and up the front coaching. As your team start to fatigue, sweat it out with them and push them to hang on until the end.

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 Press
- Double Squat every time
- Bend and drive

BACKWARD-STEPPING LUNGE

- Bar on meaty part of upper back
- Feet hip-width – long step back
- Chest up
- Front thigh parallel to floor in bottom of Lunge – knee in line with toes
- Body stays upright
- Abs braced

↓↓ **OPTION: NO BAR**

PUSHUP

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

↓↓ **OPTION: ON KNEES**

HIIT SCIENCE

The physiological challenge of this track comes from constantly changing the location of muscle pressure – integrated legs and upper back in the Clean and Press, legs in the Lunges and upper body in the Pushups. This creates a massive intensity spike as your body fights to deliver enough oxygen to each new target.

5

1-Minute Challenge

SET UP

- A heavy bar or 1x heavy plate
- If your workout area is on a surface where the bar may roll, jump over a plate instead

MUSIC

EXERCISE

0.00 Set up Challenge and equipment positioning – Squat Burpee with Lateral Squat Jump over bar or plate (there and back)

0.45 **1-MINUTE CHALLENGE**

Squat Burpee with Lateral Squat Jump over bar or plate

Repeat as many times as possible in 1 minute

COACHING TIP

Set up the bar/plate and demo the 1-Minute Challenge. Highlight important technique cues such as landing low in the Squat when you jump over the bar/plate in both directions. Tell your team that this gives the legs an extra workout and is more efficient for achieving maximum reps.

CONNECTION

Your team will be smashed from the previous track so it's your job to sell them on the final minute of power activity. Make them feel confident that they've got what it takes to finish this track and to finish strongly.

DRIVE

With only 60 seconds on the clock there is absolutely no time to waste! Get your team to maximize their results by committing to doing their best, remind them that every second counts. As their leader you should finish the last 30 seconds with them. Be encouraging and motivating and lead from the front.

SQUAT BURPEE WITH LATERAL SQUAT JUMP OVER BAR OR PLATE

- Bar or plate to side of working area
- Feet wide
- Butt down and back – just above knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Abs braced as feet jump back
- Hands under shoulders
- Back long, strong and straight
- Jump up on return, over the bar or plate and then back again
- Knees soft on landing



↓↓ OPTION: STEP FEET BACK INTO PLANK, STEP OVER PLATE

HIIT SCIENCE

The secret to getting the most out of this metabolic kicker is using our Squat pattern. This keeps the legs loaded and will make the movement safe and effective. These 1-minute bursts of high intensity will often define our workout and determine how long we burn calories for when it's all over.

6

Core

SET UP

- 1x heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Hover	
0.24	Hover	
0.28	Hover with Arm Extension L+R	2x
0.48	Hover with Opposite Arm and Leg Extension L+R	2x
1.08	Recovery	
1.13	Plate C-Crunch	1x
1.18	Plate C-Crunch with Leg Extension	2x
1.27	Plate C-Crunch with Leg Extension – faster	12x
1.56	Recovery	
2.15	Hover Climber L+R	8x
2.55	Hover	

COACHING TIP

Don't let fatigue stop your team from gaining the benefits in their final working track. Tell them this is only 3 minutes of 3-Dimensional core training. Your team will be smashed so make it as easy as possible for them by being on top of your transition cues and presenting clear demos.

CONNECTION

Give options early like Jeremiah does, so your whole team can stay in the game and move safely and effectively.

DRIVE

A strong core gives you the solid foundation you need for strength training. Tap into your team's determination and motivate them to 'hang in there' for the final moments of the workout. Working hard through to the end will make them into stronger, more functional athletes.

HOVER

- Elbows under shoulders
- Fists together
- **Back long, strong and straight**
- Chin tucked – eye gaze to hands
- **Abs braced to support the mid-section**
- **Butt down – hips level with shoulders**

HOVER WITH ARM EXTENSION

- Hips and shoulders square
- **Arm straight out on a 45 degree angle**
- Alternate arms

HOVER WITH OPPOSITE ARM AND LEG EXTENSION

- Raise leg slightly as opposite arm extends

HOVER CLIMBER

- Knee lifts to outside of body towards elbow
- Keep hips down, **abs braced**
- Hips and shoulders square to the floor

↓↓ OPTION: 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 floor as legs lower**
- Chin tucked

PLATE C-CRUNCH WITH LEG EXTENSION

- Extend legs to 45 degree angle
- Keep plate to forehead or just above
- Tuck elbows in towards thighs

↓↓ OPTION: NO PLATE



NOTES



NOTES



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In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

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Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

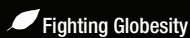
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