

LESMILLS
GRIT™

CARDIO



RELEASE

12

LIVE AT AUCKLAND'S VIADUCT

FEATURES:

THE ART OF CONNECTION
FIGHTING OBESITY

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™ CARDIO 12

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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.



SMARTSTART

Hey Coaches, wanna pack your classes?

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 class 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. We've developed a 4-part Education series to give you tips and tricks to look after the new people in your classes. 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. This means giving new people the option to leave after the first few tracks (and slowly building track by track), 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 second in our Education series on the following page to gain great insights into how to connect with the people in your classes.

1. Armitage, C.J. (2005). Can the theory of planned behavior predict the maintenance of physical activity? *Health Psychology*, 24(3):235–245.

THE ART OF Connection

You can grow your class numbers by creating **powerful relationships** with your participants. What makes or breaks a group fitness or team training experience is you the Coach. Your job is to hook them in. Engage them. Get them to come back.

Connecting is all about taking the focus off yourself and bringing your attention to your participants. Engaging them so they are part of the class and not just watching you perform on stage.

SO HOW YOU DO IT? HOW DO YOU CONNECT AND ENGAGE?

You must approach your members with RESPECT and CARE. These people have made an effort to come to YOUR class, to exercise with you today. When you treat people with care and enthusiasm it changes the energy in the room. We are in the business of motivation, so imagine your class as friends that you want to help. Be open, approachable, and respectful of all types of people. This is the foundation of connection.

Show an interest in people and find out what they want to talk about before and after class. Don't just dominate from the stage or front of the room. You will create Connection with people when you are genuinely interested in THEM – rather than trying to get them to be interested in you! Arrive at the studio early, so you can chat to people before the class starts.

Be a good listener. Practise your listening skills: stop what you're doing. Turn to face the person who is talking. Put your arms down. Calm your face. Close your mouth and nod; really absorb what they are saying. Use the power of reflective listening: rephrase what people have said and repeat it back to them so they know you have been paying attention.

Learn names. It's not easy to remember lots of people's names – it takes practice. Try writing people's names down in a book and looking at it before class. Repeat their name 3 times in conversation to help fix it in your mind, or try associating their name with something memorable. Do not underestimate the power of a name – the sweetest and most important sound to anybody in the world is the sound of their own name!

TAKE ON THE CONNECTION CHALLENGE! In your next class...

1. Learn one person's name
2. Chat to someone before class and really listen to what they are saying
3. Show a genuine interest

YOU WON'T BELIEVE THE DIFFERENCE IT WILL MAKE.

Your class numbers will grow. Your coaching will land. You'll get so much more enjoyment out of teaching and you will be totally 'in the zone'.

Check out the Education video on this release for Connection tips from the Program Directors.

FIGHTING Obesity

THE DEBATE CONTINUES: WHAT'S MORE EFFECTIVE FOR WEIGHT CONTROL – DIET OR EXERCISE?

We are constantly inundated with facts about obesity. This epidemic is sweeping the globe and it's one of the most visible and yet neglected public health problems. If we don't take action soon, millions of people will suffer from its associated health consequences. But what's more important – should we pay closer attention to what we're eating? Or do we really have to get off the couch and get more active?

Well – up to now – there has been a great deal of evidence to suggest that a better diet has more impact on weight control than exercise; and there is certainly no denying that eating well is great for your health.

However, a study released in April 2014* has challenged this theory.

Researchers at Stanford University tracked trends in obesity, physical activity and caloric intake in adults in the US from 1988 to 2010. As you'd expect, the prevalence of obesity increased substantially over these two decades with younger women aged 18 to 39 demonstrating the most dramatic increase in weight gain. However, the really surprising result of this study was that the daily caloric intake did not change significantly during these 20 years, whereas the proportion of adults who reported no leisure-time physical activity DID increase – from 19.1% to 51.7% in women, and from 11.4% to 43.5% in men.

Researchers concluded that there was a significant association between the level of physical activity, but not caloric intake, and the observed increases in obesity. Simply put, it's not what we're eating, but how much we're moving – or not moving.

The results from this study have led The Institute of Medicine to make physical activity the top priority when it comes to addressing the US obesity epidemic.

These findings have been reflected in our research at Les Mills. When we get inactive people into group fitness we have seen significant changes in their body composition without changing their diet. There's even the possibility that people start eating better as a result of being active – that when they experience the increased energy levels and feelings of self-esteem that exercise creates, making good diet choices follows automatically.

The debate will no doubt continue. But the message we can take away from this study is this: if we all got a little more active AND improved our nutrition, we can have an impact upon this very real threat to global health.

* Laudabaum U. Obesity, Abdominal Obesity, Physical Activity, and Caloric Intake in US Adults: 1988 to 2010. *The American Journal of Medicine*, April 2014



TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuro Muscular Pre-conditioning	Program Specific
2	Giant Sets	Anaerobic Speed Circuit	Program Specific
3	100 Second Challenge	Speed Agility Training	Mix and Match (must also use Track 5)
4	Coach Calls/ Ladder	Progressive Speed Intervals	Mix and Match
5	100 Second Challenge	Speed Agility Training	Mix and Match (must also use Track 3)
6	Core	Athletic Core Conditioning	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

Hey guys, you're going to love this release. Bas, Reagan, Flavien, Erin and Ortal lead epic workouts. Here's what you need to know...

When you're teaching this release relax and have fun! LES MILLS GRIT™ is intense, so 'chill out' with your coaching to contrast the toughness of the workouts. Make sure you're AUTHENTIC and GENUINE.

NUMBERING

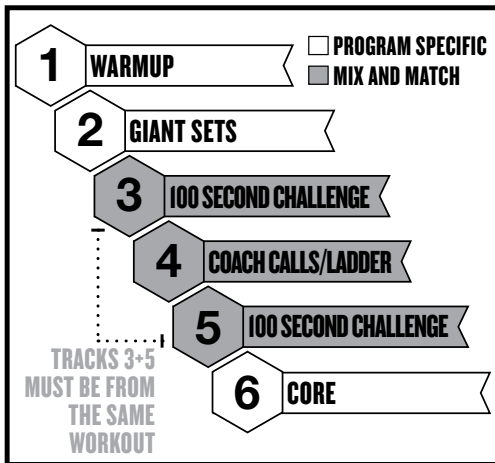
We've listened to your feedback and you'll notice that for this release we've aligned the numbering for Cardio with Strength and Plyo. This means that there won't be a Cardio 9, 10 or 11. This makes life a lot easier, right!

MIX AND MATCH

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

Each quarterly release is structured differently. So you can only ever mix within a release (eg LES MILLS GRIT™ Strength 12, LES MILLS GRIT™ Plyo 12, and LES MILLS GRIT™ Cardio 12), and only the allocated tracks stated in the notes. In this release the mix and match tracks are Tracks 3, 4 and 5 (see below).

Tracks 3 and 5 must be from the same workout so participants have the chance to build on their previous score.



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

This gives you and your members a huge amount of variety which is key to avoiding training plateaus. Have fun mixing things up!

MUSIC

In this release we've used some of the freshest and coolest music you would have heard. Always use the music specific to the core program you are teaching. 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 can use the music from Cardio for Tracks 3 and 5 and mix it with the exercises from Plyo.

EQUIPMENT

If the mix you are doing 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 as intensity levels will fall.

COMPETITION

There are two opportunities to compete in this release: Tracks 3 and 5. You'll see a new competition sheet in your kit, or in your digital file. This sheet is specific to this new release.

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 date, say Weeks 4, 6, or 12, doing 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.



**HAVE YOU JOINED US ON
FACEBOOK? ENCOURAGE YOUR
PARTICIPANTS TO JOIN US TOO!**

 facebook.com/LESMILLSGRIT

LES JNR

LES MILLS GRIT™ CARDIO

1

Accelerated Warmup

MUSIC	EXERCISE	REPS
0.00	Set up Backward-Stepping Lunge	
0.16	Backward-Stepping Lunge L+R	4x
0.30	Jumping Lunge L+R	4x
0.43	Jog OTS	
0.56	High Knee Run	
1.21	Pushup	15x
1.46	Lateral Leap with Vertical Jump L+R – slow	2x
1.59	Lateral Leap with Vertical Jump L+R – fast	8x
2.24	Squat Burpee (no jump) – slow	2x
2.38	Squat Burpee (no jump) – faster	8x

COACHING TIP

When introducing the workout, let your team know from the outset that the focus is on speed. That way, you can get them moving purposefully, keeping that focus in mind right from the beginning of the workout. The workout alone is intense so don't be too serious with your coaching. The Accelerated Warmup is a great place to set good energy for the workout ahead, so be fun and playful like Bas.

BACKWARD-STEPPING LUNGE

- Feet hip-width – long step back
- Chest up – abs braced
- Front thigh parallel to floor in bottom of Lunge – knee in line with toes

JUMPING LUNGE

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Front knee out, back knee towards floor
- Front thigh drops parallel to floor
- Chest up – abs braced
- Use Lunge to absorb landing
- Go for depth and height
- Running arms

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

JOG OTS

- Chest up – abs braced
- Relaxed arms
- Jog on the spot

HIGH KNEE RUN

- Chest up – abs braced
- Lift knees up to hip-height
- Drive with your arms

↓↓ **OPTION: JOG OTS**

PUSHUP

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

↓↓ **OPTION: ON KNEES**

CONNECTION

Use the Accelerated Warmup to form a bond with your team so that you're working together for the next 30 minutes. Earn their trust now and you'll be able to push them further and faster in the tracks to come! It's important to introduce options in this track. Your team need to know how they can adjust the intensity before the fatigue hits.

DRIVE

It's important to nail the start of any workout! You're forming an impression on your team so move with confidence and control and know your choreo! Setting the workout up properly leaves you in a great space to really drive your team throughout the 30 minutes. You'll be introducing some new moves so stay up the front for this track as your team will be wanting to watch you as an example of perfect technique.

LATERAL LEAP WITH VERTICAL JUMP

- Push off one foot, transfer weight from one foot to the other
- Shift weight to side
- Knees bent on take off and landing
- Chest up – abs braced
- Hips back and down
- Drive off two feet into a Vertical Jump
- Repeat on other side

SQUAT BURPEE (no jump)

- Feet outside hip-width
- Butt down and back – just above the knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Jump feet back – abs braced
- Hands under shoulders
- Back long, strong and straight

↓↓ **OPTION: STEP BACK INTO PLANK**

2

Giant Sets

MUSIC	EXERCISE
0.00	Set up Giant Set 1, Exercise 1: Single Leg Lateral Jump with Vertical Jump
	GIANT SET 1 (2 min)
0.30	Single Leg Lateral Jump with Vertical Jump L+R
1.00	Squat Burpee
1.30	Jumping Lunge L+R
2.00	Sprint
2.30	Recovery. Set up Giant Set 2, Exercise 1: Pushup with Crunch
	GIANT SET 2 (2 min)
2.59	Pushup with Crunch
3.30	Skaters L+R
3.59	Squat Tuck Jump
4.27	Shoulder Tap Pushup L+R
5.00	Recovery
5.30	REPEAT GIANT SET 1 (2 min)
7.30	Recovery
7.59	REPEAT GIANT SET 2 (2 min)
10.00	Recovery

COACHING TIP

Giant Sets: 4 sets of 2 minute, high intensity working blocks. Each set has 4 exercises with 30 second clocks back to back. Demo the first move, set the energy high and you're into the work! Start with really simple cues such as "leap hop, leap hop" to get them into motion, then focus on compulsory technique cues. Throughout this giant track, keep reminding your team of the focus – speed! This will fire the intensity up and get hearts racing.

CONNECTION

Congratulate then demonstrate. Acknowledge the hard work that's occurred before hitting the next set. Stay verbally connected to your team throughout this track. Pre cue the next move in the sequence within just 5 seconds of it hitting to prevent your team switching too early!

DRIVE

Know your time changes. You don't want your team missing a second of any of these challenging exercises! As soon as they have the rhythm of the movement, hit the speed! Bas drives from the front of the room for almost the full first Giant Set. This works really well to capture his team's full attention so that they're working to their max. Reshape the focus for the second half of the track: find a solid range, then go for speed, trying to pack in as many reps as possible in 30 seconds! A little friendly competition – like encouraging participants to race the person next to them – will add some light to a really intense track!

HIIT SCIENCE

Two minute intervals are perfect for driving the workout into an anaerobic training zone. The rotation of exercises helps to keep the intensity up.

SINGLE LEG LATERAL JUMP WITH VERTICAL JUMP

- Push off one foot, transfer weight from one foot to the other
- Shift weight to side
- **Knees bent on take off and landing**
- **Chest up – abs braced**
- Hips back and down
- **Knee out with bent knee landing**
- Drive off one foot into Vertical Jump
- Repeat on other side

↓↓ **OPTION: 2 FOOT TAKE OFF/LANDING**

SQUAT BURPEE

- Feet outside hip-width
- **Butt down and back – just above the knees**
- **Chest up – abs braced**
- Arms forward, directly out from shoulders
- **Jump feet back – abs braced**
- Hands under shoulders
- **Back long, strong and straight**
- Jump up on return, **wide soft-knee landing**

↓↓ **OPTION: STEP BACK INTO PLANK, NO JUMP**

JUMPING LUNGE

- **Jump into a long Lunge – back heel off floor**
- Feet hip-width apart
- **Front knee out, back knee towards floor**
- **Front thigh drops parallel to floor**
- **Chest up – abs braced**
- Use Lunge to absorb landing
- Go for depth and height
- Running arms

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

SPRINT

- **Chest up**
- **Abs braced**
- Lift knees up to hip-height
- Drive with arms

↓↓ **OPTION: JOG OTS**



PUSHUP WITH CRUNCH

- Hands slightly wider than shoulders
- Back long, strong and straight
- Abs braced
- Chest drops to elbow-height
- Hips down as you Crunch opposite knee to elbow

**⇓OPTION: ON KNEES – KNEE TO
SAME ELBOW**

SKATERS

- Drive off one foot
- Land with knee out and bent
- Knee tracks out in line with foot
- Chest up – abs braced
- Repeat on other side

SQUAT TUCK JUMP

- Feet outside hip-width
- Butt down and back – just above the knees
- Chest up – abs braced
- Drive out of Squat pulling knees toward chest
- Land deep back into Squat position

**⇓OPTION: SQUAT JUMPS –
NO TUCK**

SHOULDER TAP PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Back long, strong and straight
- Abs braced
- Chest drops to elbow-height
- Tap hand to opposite shoulder, change sides
- Keep shoulders and hips square

⇓OPTION: ON KNEES

3

100 Second Challenge

MUSIC	EXERCISE	REPS
0.00	Demo 100 Second Challenge move combo: Gorilla Shuffle and Air Jack	
0.40	100 SECOND CHALLENGE	
	Gorilla Shuffle (same direction)	2x
	Air Jack	5x
	Repeat as many rounds of this combo as you can in 100 seconds	
2.20	Recovery	

COACHING TIP

The 100 Second Challenge is a 2 exercise superset for as many rounds as you can! Demo the 2 moves and set up the technique before the timer starts. This will ensure that your team know how to get moving when the countdown hits. Next, coach them on pushing for speed. Sell the benefits of speed – recruiting our fast twitch muscle fibers which give us athletic shape and muscle tone.

CONNECTION

This track is super fast and everyone will be in their own zone. The best way to connect with your team is to spend time with individuals on the floor and to physically drive from the front of the room. Be aspirational in your movements – move fast with perfect technique.

DRIVE

Don't just tell your team what speed looks like, show them! When fatigue is setting in, don't overload your team with coaching. It will be more motivational for them to see you sweating it out with them and feeling the burn too! Finish the track with your team, driving them home to the recovery.

HIIT SCIENCE

Being fast and explosive in the Air Jacks is the way to recruit fast twitch muscle fibers. The result – more calories burnt and more muscle definition.

GORILLA SHUFFLE

- Hands under shoulders
- Knees under hips
- **Hips down, knees close to floor**
- Jump feet sideways, then hands
- **Abs braced**
- **Back long and straight**

↓↓ **OPTION: LATERAL BEAR CRAWL/
SHUFFLE HANDS + FEET**

AIR JACK

- Start with feet hip-width apart in narrow Squat
- Elbows to mid-thigh
- Jump and raise arms up and kick legs out to the side
- **Chest up – abs braced**
- Land back down with arms and feet by side
- **Bent knee landing**

↓↓ **OPTION: JUMPING JACK**

4

Coach Calls/Ladder

MUSIC	EXERCISE
0.00	Set up Ladder 1 (UP) exercises and get equipment needed
0.40	LADDER 1 (UP)
	Ladder Run x1
	Squat Jump x1
	Ladder Up as high as you can in 90 seconds by adding one rep on to each move in every round
2.09	Recovery. Set up Ladder 1 (DOWN) phase and demo Coach Call move: Tricep Press
2.39	LADDER 1 (DOWN) + COACH CALL
	Start from the top of the Ladder that you reached in the Ladder 1 Up phase and work your way down towards 1 rep of each move. Your coach will interrupt your Ladder by calling out "HOLD" where you must hit the Coach Call move as quickly as possible. When they release you, continue back from where you were, trying to Ladder Down as close to 1 as possible before the 90 seconds runs out
4.09	Recovery. Demo Ladder 2 exercises: Mountain Climber and Sprint
4.55	LADDER 2 (UP)
	Mountain Climber (2 legs = 1 rep) x1
	Sprint (2 legs = 1 rep) x1
	Ladder Up as high as you can in 90 seconds by adding one rep on to each move in every round
6.24	Recovery. Set up Ladder Down phase and demo Coach Call move: Isometric Squat with Hands Overhead
6.54	LADDER 2 (DOWN) + COACH CALL
	Start from the top of the Ladder that you reached in the Ladder 2 Up phase and work your way down towards 1 rep of each move. Your coach will interrupt your Ladder by calling out "HOLD" where you must hit the Coach Call move as quickly as possible. When they release you, continue back from where you were, trying to Ladder Down as close to 1 as possible before the 90 seconds runs out

COACHING TIP

This track is made up of 4 rounds with 2 Ladders. Explain how the Ladder works and demo the first 2 moves clearly, showing how to climb the Ladder by adding on reps each round. Be sure to show correct technique in your move demonstrations as this is the time you will have the most attention from your team. When the timer starts, count out the first few rounds of Ladder 1, so your team are 100% clear on how it works. Use the recovery to check in with your team and find out where they got to on the Ladder. Next, explain the Ladder down phase and introduce/demonstrate the Coach Call. Don't over complicate this track with your coaching; if you explain things clearly, it will seem simple to your team and they will be able to focus on the workout.

DRIVE

The Ladder Up phase focuses on speed and reps. The Ladder Down phase works against the clock trying to get all the way down to a single rep of each move despite being interrupted by the Coach Call. Challenge your team on how quickly they can hit the Coach Call, and how quickly they can get straight back into the Ladder when you release them. Make them visualize they're in a race to amplify the intensity and speed! Get out on the floor, spend time with individuals and workout next to them. It's your job to keep them working against the fatigue that is setting in. Time cues will keep them going; motivation will move them faster!

LADDER RUN

- Hinge forward from the hips
- Stay on balls of the feet
- Run in and out – left and right steps
- Chest up – abs braced

SQUAT JUMP

- Feet outside hip-width
- Knees out – tracking forward over toes
- Chest up – abs braced
- Bent knee landing

CONNECTION

The focus again in this track is speed. Show your team how to move faster in each exercise. A great way to lighten the intensity of this track is by having some fun in the Coach Call. You're testing your team on how quickly they can react to your instructions – both mentally and physically.

HIIT SCIENCE

Moving quickly into an Isometric Squat on the Coach Call is great reactive core training. Teaching immediate core control on demand.

TRICEP PRESS

- Trunk strong and braced
- Hands shoulder-width apart
- Elbows tucked into ribs
- Chest drops to elbow-height

↓↓OPTION: ON KNEES

MOUNTAIN CLIMBER

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

SPRINT

- Chest up – abs braced
- Lift knees up to hip-height
- Drive with arms

↓↓OPTION: JOG OTS

ISOMETRIC SQUAT WITH HANDS OVERHEAD

- Feet outside hip-width
- Butt back and down just above knees
- Chest up – abs braced
- Hands overhead with elbows 90°
- Stay low in legs

5

100 Second Challenge

MUSIC	EXERCISE	REPS
0.00	Re demo 100 Second Challenge moves: Gorilla Shuffle and Air Jack	
0.29	100 SECOND CHALLENGE	
	Gorilla Shuffle (same direction)	2x
	Air Jack	5x
	Repeat as many rounds of this combo as you can in 100 seconds	
2.09	Recovery	

COACHING TIP

The 100 Second Challenge is back! Start by praising the effort that has gone into the workout already, then position this as your team's last chance to be faster! Reset the moves by focusing on core control in the Gorilla Shuffle and exploding in the Air Jacks – whilst always pushing for speed.

CONNECTION

Stay close to your team in this track. They've given this workout their all and by this stage you'll be acting as their lifeline! Be encouraging and keep your cues short and sharp. You can let them know you're there without having to say too much. Make eye contact, smile and workout next to them.

DRIVE

Know when to drive from the floor and when to drive from the front of the room. It's important to support your team but also important to sweat with your team. You started together, now finish together!

HIIT SCIENCE

100 seconds to drive the heart rate into the last anaerobic peak. Achieving this will help secure the EPOC effect leaving you burning calories for hours after the class.

GORILLA SHUFFLE

- Hands under shoulders
- Knees under hips
- **Hips down, knees close to floor**
- Jump feet sideways, then hands
- **Abs braced**
- **Back long and straight**

⇓ **OPTION: LATERAL BEAR CRAWL/
SHUFFLE HANDS + FEET**

AIR JACK

- Start with feet hip-width apart in narrow Squat
- Elbows to mid-thigh
- Jump and raise arms up and kick legs out to the side
- **Chest up – abs braced**
- Land back down with arms and feet by side
- **Bent knee landing**

⇓ **OPTION: JUMPING JACK**

6

Core

MUSIC	EXERCISE	REPS
0.00	Set up Cross Crawl	
0.26	Cross Crawl L+R	4x
0.40	Climb Crunch	
0.54	Pulse Up/Release	4x
1.20	Cross Crawl L+R – slow	2x
1.34	Cross Crawl L+R	4x
1.48	Climb Crunch	
2.14	Recovery	
2.17	Cross Crawl L+R	8x
2.45	Climb Crunch	
2.58	Recovery	

COACHING TIP

Let heart rates lower then get your team down to the floor for some dynamic core training. This is a really great track – you don't want them to miss out on any of the work. Be clear on options so that everyone has the opportunity to keep moving safely and effectively to maximize results.

CONNECTION

Lower your voice right down. Control the room with cool, calm coaching and clear, concise setups for each move.

DRIVE

Remind your team how hard they have worked and how close they are to the finish line! Keep them committed until the final working second of the track, knowing it will make them a stronger, more functional athlete.

HIIT SCIENCE

You would have noticed that every speed move requires an ab brace. Strengthening the abdominals in this track will increase your chances of hitting the peaks and shifting your fitness with speed training.

CROSS CRAWL

- Hands clenched together
- **Chin tucked**
- Extend leg long and take hands from the same side diagonally across to extend past opposite knee
- **Brace abs to keep lower back towards the floor**
- **Slide ribs to hips**
- Alternate sides

↓↓ **OPTION: FEET ON FLOOR**

CLIMB CRUNCH

- Straight legs extended towards ceiling
- Slide ribs to hips
- Hands climbing rope directly above shoulders
- **Chin tucked**

↓↓ **OPTION: FEET ON FLOOR**

PULSE UP/RELEASE

- Straight legs extended towards ceiling
- Reach hands up towards feet and hold
- Slowly release legs to floor, bending at the knees and placing feet on the floor
- **Chin tucked**

TRACK		ARTIST	
1	Holiday © 2014 Les Mills Music Licensing Ltd. Written by: Unknown	Macro Madness	3:07
2	Louder © 2014 Dim Mak Inc. Written by: Plant	Jacob Plant	2:30
	Put It Down © 2014 Les Mills Music Licensing Ltd. Written by: Unknown	Scentless Attack	2:30
	Louder © 2014 Dim Mak Inc. Written by: Plant	Jacob Plant	2:30
	Put It Down © 2014 Les Mills Music Licensing Ltd. Written by: Unknown	Scentless Attack	2:37
3	Rundat © 2014 Mad Decent. Written by: Duvivier	Aazar	2:23
4	Freaks (Extended Mix) © 2014 Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Smith, Gough, Savello	Timmy Trumpet & Savage	2:10
	Inferno © 2014 Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Black, Lee	Slice N Dice	2:00
	Freaks (Extended Mix) © 2014 Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Smith, Gough, Savello	Timmy Trumpet & Savage	2:15
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5	Rundat © 2014 Mad Decent. Written by: Duvivier	Aazar	2:13
6	Cold Courtesy of the Universal Music Group. Written by: Sholler, Losnegaard	Alison Wonderland	3:02
OUTRO	Man x Woman (Ganz Edition) Courtesy of the Universal Music Group. Written by: Nikoghosyan, Kiemeneij	Full Crate x Mar	1:00

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The Les Mills global family is made up of 16,000 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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