

LESMILLS
GRITTM

STRENGTH



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™ STRENGTH 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 Power Circuit	Program Specific
3	100 Second Challenge	Power Super Set	Mix and Match (must also use Track 5)
4	Coach Calls/ Ladder	Progressive Power Intervals	Mix and Match
5	100 Second Challenge	Power Super Set	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

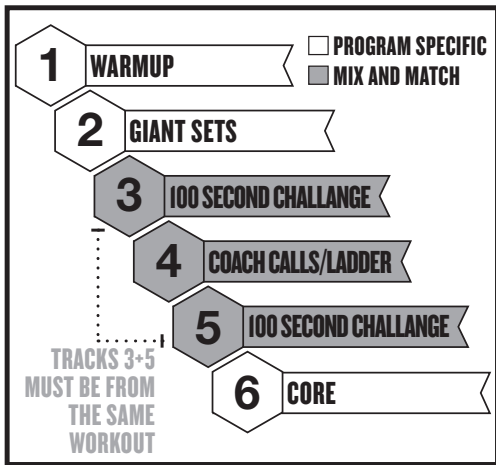
We've listened to your feedback and you'll notice that for this release we've aligned the numbering for Cardio with Strength and Plyo. This means that there won't be a Cardio 9, 10 or 11. This makes life a lot easier, right!

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™ STRENGTH

1

Accelerated Warmup

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Lateral Lunge	
0.12	Lateral Lunge L+R	3x
0.32	Backward-Stepping Lunge L+R – slow	2x
0.46	Backward-Stepping Lunge with Plate L+R – faster	4x
0.59	Backward-Stepping Lunge with Overhead Press L+R	4x
1.13	Squat with Plate 4/4 – slow	4x
1.26	Squat with Overhead Press	8x
1.40	Squat with Overhead Press and Heel Lift	8x
1.54	Pushup	16x
2.21	Squat Jump	8x
2.34	Set up Plate Clean and Press – slow	
2.41	Plate Clean and Press – slow	1x
2.48	Plate Clean and Press – faster	4x

COACHING TIP

Kick start your team for an incredible workout by setting the focus right from the beginning. This strength workout focuses on range of movement establishing perfect technique. Identify what equipment is needed at the outset. Outline the importance of options and encourage your team to use them through the workout if they need them.

LATERAL LUNGE

- **Big step to the side with foot landing slightly forward** (of the frontal plane)
- Foot angled out slightly
- Straighten back knee
- Trunk is inclined slightly forward
- **Chest up**
- **Abs braced**
- **Hips square to the front**
- Repeat on other side

BACKWARD-STEPPING LUNGE

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

WITH PLATE

- Plate at collarbones
- Elbows face front

WITH OVERHEAD PRESS

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

SQUAT WITH PLATE

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

WITH OVERHEAD PRESS

- **Straighten legs and press plate above head – keeping elbows slightly forward**
- **Abs braced**

WITH HEEL LIFT

- **Lift heels to warm up calf muscles**

CONNECTION

Reagan's voice is upbeat, and his attitude is inviting. He draws his team into 30 minutes of high intensity training while also making it feel fun along the way. Connecting with your team in this track is very important as they're going to rely on you to push them through the difficult parts of the workout. Earn their trust now and you will set them up for a successful workout.

DRIVE

The purpose of the Accelerated Warmup is to prime your muscles for the workout ahead. If your team want to hit Track 2 hard then they need to use this track to get their heart rate into a training zone. Reagan words this nicely by saying "a first taste of your heart rate lifting into the sky". It's not all about hitting it hard though. Remind your team about the options and how to use them to ensure everyone can work to their max over the next 30 minutes.

PUSHUP

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

⇓ OPTION: ON KNEES**SQUAT JUMP**

- **Feet outside hips**
- **Hands reach up and overhead at top**
- **Jump out of the bottom of the Squat**
- **Bent knee landing**
- **Chest up – abs braced**

PLATE CLEAN AND PRESS

- **Pull plate up and close to body**
- **Bend knees to get under the plate**
- **Catch plate in front of collarbones in a half Squat**
- **Use legs to drive plate up**
- **Brace abs and press plate above head**
- **Elbows slightly forward and slightly bent at the top of Press**
- **Double Squat every time**
- **Bend and drive**

2

Giant Sets

SET UP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up Giant Set 1, Exercise 1: Lateral Lunge with Bar
	GIANT SET 1 (2 min)
0.29	Lateral Lunge with Bar L+R
0.59	Backward-Stepping Lunge with Bar L+R
1.30	Squat with Bar
2.00	Squat Jump
2.30	Recovery. Set up Giant Set 2, Exercise 1: Wide Row
	GIANT SET 2 (2 min)
3.00	Wide Row
3.29	Clean and Press
3.59	Reverse Grip Row
4.29	Pushup
5.00	Recovery
5.29	REPEAT GIANT SET 1 (2 min)
7.30	Recovery
8.00	REPEAT GIANT SET 2 (2 min)
10.00	Recovery

COACHING TIP

Giant Sets: 2 rounds, 2 sets of work in each round with 4 exercises run back to back, 30 seconds on each exercise. Set your team up with the equipment they need, demo the first move and you're off! This really is a giant track so keep your team committed by giving them one clear focus so they know exactly what they're working on. For this track, the focus is committing to the range and technique of each move. That will drive the intensity up!

CONNECTION

Use the recoveries to let your team breathe and congratulate them on the work they've just done. Then reset their focus and prepare them for the next round of work. The range is going to get them the results so don't settle for anything less!

DRIVE

Spend a decent amount of time on the floor with your team in the second round of each Giant Set. Staying close to them will make them more accountable and keep them working. Be playful with your coaching like Reagan when he says "my legs are smiling right now" after a huge set of lower body work. Just because it's an intense workout, doesn't mean you can't enjoy yourself along the way!

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.

LATERAL LUNGE (WITH BAR)

- Place bar on upper back
- **Big step to the side with foot landing slightly forward** (of the frontal plane)
- Foot angled out slightly
- Straighten back knee
- Trunk is inclined slightly forward
- **Chest up**
- **Abs braced**
- **Hips square to the front**
- Repeat on other side

⇓ OPTION: PLATE AT COLLARBONES

⇓ OPTION: NO BAR

BACKWARD-STEPPING LUNGE (WITH BAR)

- Bar on 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 – strong through mid-section
- **Abs braced**

⇓ OPTION: PLATE AT COLLARBONES

⇓ OPTION: NO BAR

SQUAT (WITH BAR)

- Bar on upper back
- **Feet outside hip-width**
- Toes turned out slightly
- **Chest up – abs braced**
- **Butt drops down and back to just above knee-height**
- **Knees out and tracking forward over toes**

⇓ OPTION: PLATE AT COLLARBONES

⇓ OPTION: NO BAR

SQUAT JUMP

- **Feet outside hips**
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- **Bent knee landing**
- **Chest up**
- **Abs braced**

⇓ OPTION: NO JUMP



WIDE ROW

- Hands by the collars
- **Tip forward from the hips – chest up – abs braced**
- **Bar from knees to lower ribs**
- Elbows wide – squeeze between shoulder blades
- Chin tucked

CLEAN AND PRESS

- Pull bar up and 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

REVERSE GRIP ROW

- Hold bar with underhand grip
- Sit low in your legs
- **Tip forward from the hips – chest up – abs braced**
- Bar from knees to lower abdomen
- Elbows to the back of the room – squeeze between shoulder blades

PUSHUP

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

⇓ OPTION: ON KNEES

3

100 Second Challenge

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Demo 100 Second Challenge move combo: 180 Squat Jump with Plate and Lateral Pushup	
0.40	100 SECOND CHALLENGE	
	180 Squat Jump with Plate	6x
	Lateral Pushup L+R (1 Pushup = 1 rep)	6x
	Repeat as many rounds of this combo as you can in 100 seconds	
2.20	Recovery	

COACHING TIP

100 Second Challenge – 2 exercises, 6 reps of each exercise back to back, as many rounds as you can. Demo the moves clearly before setting the focus of the track: speed endurance. Do the first round of each move with your team so they understand the continuous cycle between the two moves, then spend time giving clear technique cues and options.

CONNECTION

Use clear, concise coaching in this track. Keep it really simple, for instance – encouraging your team to brace their core to move as one. Identify those in your team who need a little more support. Stay with them long enough to develop their technique or get them moving with more range and speed by encouraging them to take the options.

DRIVE

100 seconds isn't long so make your team accountable for every single second. Erin challenges her team by saying things like "I know you can move faster than that". She also reminds them to train range, not to relax on intensity just to make it to the end. Physically smash out the last 20 seconds of the challenge with your team; they'll need someone to look to for motivation when they're fighting fatigue to the countdown.

HIIT SCIENCE

Being explosive in the 180 Squat Jumps is the way to recruit fast twist muscle fibers. The result – more calories burnt and more muscle definition.

180 SQUAT JUMP WITH PLATE

- Feet outside hip-width
- Chest up – abs braced
- Plate held high on collarbones
- Elbows under plate
- Drive out of bottom of the Squat to turn and land deep in the next Squat to absorb impact

⇓ **OPTION: NO PLATE**

LATERAL PUSHUP

- Hands outside shoulder-width
- Back long and straight
- Abs braced
- Walk hands to the side
- Trunk square to the floor
- Drop chest to elbow-height
- Repeat on other side

⇓ **OPTION: ON KNEES**

4

Coach Calls/Ladder

SET UP

- A heavy plate

MUSIC	EXERCISE
0.00	Set up Ladder 1 (UP) exercises and get equipment needed
0.39	LADDER 1 (UP)
	Squat with Overhead Plate Press x1
	Backward-Stepping Lunge L+R 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: <u>Isometric Squat with Plate Overhead</u>
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: Side Climber and Squat Jump
4.54	LADDER 2 (UP)
	Side Climber L+R 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
6.24	Recovery. Set up Ladder Down phase and demo Coach Call move: <u>Plank</u>
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

Let your team know that this track is made up of 4 rounds with 2 Ladders. Demo the first 2 moves and clearly explain how to climb the Ladder by adding on reps each round. When the timer starts, count them through the first 2 rounds of the Ladder before getting into your compulsory cues for each move. You want your team moving safely and effectively before driving them into the full range of each move and then introducing speed. In each recovery you need to clearly setup the next working block and explain and demo the Coach Call move. Lighten the intensity of this track by having some fun in the Coach Call phases.

HIIT SCIENCE

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

SQUAT WITH OVERHEAD PLATE PRESS

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

⇓ **OPTION: NO PLATE**

BACKWARD-STEPPING LUNGE

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

⇓ **OPTION: NO PLATE**

ISOMETRIC SQUAT WITH PLATE OVERHEAD

- Feet outside hip-width
- Chest up – abs braced
- Plate held just overhead
- Elbows slightly forward
- Butt just above knee-height
- Knees track forward in line with toes

⇓ **OPTION: NO PLATE**

CONNECTION

The focus for Ladder 1 is to teach your team how to Squat effectively by focusing on range and pressure. You will be able to coach some of your team from the front of the room but will need to get up close and amend technique for others. Once you can see them hitting the range, get them to find the pressure by driving out of the bottom of their Squat. The focus for Ladder 2 is keeping a strong core which is your key to speed.

DRIVE

The challenge for Ladder Up is to maximize reps. This will push them further in the Ladder Down phase. Coach Call is about finding stability really fast, moving dynamically then holding fast, trapping the muscle pressure. Drive your team to defy their mental and physical limits when they start to really fatigue. The rounds in this track will feel very long so you will need to keep your team in the game with regular time cues. Use these cues as a motivator to drive them hard and fast to each recovery!

SIDE CLIMBER

- Plank position – hands just outside shoulders
- 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 degrees
- Hips down with slight hip-twist
- Jump feet back to Plank
- Repeat other side
- Jump feet in wide to transition to Squat Jump

⇓ **OPTION: ALTERNATE LEG MOUNTAIN CLIMBER**

SQUAT JUMP

- Feet outside hip width
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- Bent knee landing
- Chest up – abs braced

PLANK

- Hands under shoulders
- Back long, strong and straight
- Abs braced
- Chin tucked

⇓ **OPTION: ON KNEES**

5

100 Second Challenge

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Re-demonstrate the two exercises from Track 3 and set the focus for each move	
0.29	100 SECOND CHALLENGE	
	180 Squat Jump with Plate	6x
	Lateral Pushup L+R (1 Pushup = 1 rep)	6x
	Repeat as many rounds of this combo as you can in 100 seconds	
2.09	Recovery	

COACHING TIP

Be sure to acknowledge all the effort that has gone into the workout so far. Quickly re-demo the moves to reset your team for the second round of the 100 Second Challenge. Remind your team that this is their final opportunity to really challenge their heart rate in this workout. Can they out-perform themselves from the first round of the challenge? This is your last track, don't hold back now!

CONNECTION

Connect with your team by being a physical motivator. This is where you need to really dig into the workout and sweat it out with them! A great coach will drive their team throughout the workout but also physically push themselves so their team know they're in it together.

DRIVE

At this stage your team are smashed so don't overload them with any technique cues. Your job is to get them through the 100 Second Challenge so remind them they're near the end of the workout and tell them not to hold back! Know your time cues to drive them home. As Bas says, you want them to "explode off the floor"!

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.

180 SQUAT JUMP WITH PLATE

- Feet outside hip-width
- Chest up – abs braced
- Plate held high on collarbones
- Elbows under plate
- Drive out of bottom of the Squat to turn and land deep in the next Squat to absorb impact

⇓ **OPTION: NO PLATE**

LATERAL PUSHUP

- Hands outside shoulder-width
- Back long and straight
- Abs braced
- Walk hands to the side
- Trunk square to the floor
- Drop chest to elbow-height
- Repeat on other side

⇓ **OPTION: ON KNEES**

6

Core

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Plate Crunch	
0.23	Plate Crunch 4/4	1x
0.28	Stagger Crunch	7x
1.06	Plate Pulses	8x
1.12	Recovery	
1.17	Side Plate Crunch L+R	8x
1.38	Recovery	
1.44	Plate Crunch 2/2	4x
1.54	Stagger Crunch	7x
2.26	Plate Pulses	8x
2.32	Recovery	
2.38	Side Plate Crunch L+R	8x
2.59	Recovery	

COACHING TIP

The workout isn't over yet! This is a great core training track and you don't want your team to miss out on the work. Outline options at the beginning to make sure everyone in the room has the opportunity to continue moving safely and effectively. There are some great new moves in this core track so set them up clearly with simple coaching.

CONNECTION

Start the core track by lowering your voice and drawing your team into their final working track. Reagan acknowledges all the effort that has gone in thus far and resets his team by getting them to first breathe and clear their heads. This sets them up to focus on the finish line.

DRIVE

Your team has gone all out in the previous tracks so the best way to drive them home is with cool, calm coaching. Acknowledge the importance of core training and the work that is taking place while remaining playful and friendly. Reagan does this nicely when he says "You can feel the side of your body start to talk back to you!" Keep their bodies talking until the final second of the workout!

HIIT SCIENCE

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

PLATE CRUNCH

- Plate to forehead
- Feet on floor
- Crunch plate towards knees
- Slide ribs to hips
- Chin tucked

↓↓ **OPTION: NO PLATE**

STAGGER CRUNCH

- Extend legs – Press plate toward feet
- Slide ribs to hips
- Chin tucked
- Bend knees
- Extend legs – Press plate overhead
- Lower back toward the floor

↓↓ **OPTION: NO PLATE**

PLATE PULSES

- Legs above hips
- Plate extended out from shoulders
- Push plate towards feet
- Chin tucked
- Pulse
- Slide ribs to hips

↓↓ **OPTION: NO PLATE**

SIDE PLATE CRUNCH

- Chin tucked
- Extend leg long
- Take plate from the same side diagonally across to the outside hip
- Keep plate close to forehead
- Lower back toward the floor
- Slide ribs to opposite hip

↓↓ **OPTION: NO PLATE, FINGERTIPS TO TEMPLES**



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