

LESMILLS
GRIT™

CARDIO



RELEASE

13

FEATURES:

Layer 2 Coaching: The Art of Mastery
Group Fitness: The 3 Elements that Make it Work
BODYPUMP™: Improving Strength and Gait
Speed in Older Adults

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. PRACTISE. 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 and GENUINE
4. Engage with every 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 about that! So, like the greatest coaches, the people who choose to teach LES MILLS GRIT™ have got to be very 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 practise 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 setups and to organize equipment and positions
- What to expect in the next block
- Highly motivational and encouraging cues
- Cues for recovery, ie 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.

VERY SIMPLE WHEN YOU PUT IT LIKE THAT.

Suggestions:

- Work hard at creating a super succinct script; short sharp cues
- Practise saying your script while you practise physically
- Be clear, precise and highly motivational
- Move around the room and use great role models in class for demonstrations so you can coach others

LES MILLS GRIT™ CARDIO 13

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The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

TEAM COACHING

WORKOUT INTRODUCTION

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

1. Let them know what's coming up, when they are going to rest and when they will need to 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 to the finish line!
5. Remind them that it is for only 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 and the more effort you put in, the more your team will. It's grass-roots 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're 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 well every 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.



LAYER 2 COACHING: THE ART OF Mastery

OUR JOB IS TO GET PEOPLE ADDICTED TO EXERCISE

There are many different elements that contribute to this: the music, amazing choreography, the energy of you the instructor... One of the most powerful tools that you can use is **Layer 2 Coaching**.

WHEN YOU UNDERSTAND HOW TO COACH LAYER 2, YOU TAKE YOUR PARTICIPANTS TO THE NEXT LEVEL – MOVING THEM TOWARDS MASTERY.

Your participants want to move and look like you. Perceived competence – or how good we think we are at something – is a key ingredient to feelings of satisfaction and enjoyment in class. Believing we are getting better at something that matters to us is extremely motivating.

How do we enable people to improve in our classes? Through **Layer 2 Coaching**.

Let's briefly review Layer 1. This provides us with the Setup, and it establishes the rules.

LAYER 1 SETUP: THE SQUAT

The Squat is a complex move. A clear Setup will eliminate the anxiety people may have around the exercise as it gives them some simple rules to follow. We use simple cues like:

- *Sit your hips back and down*
- *Knees move forward in line with toes*
- *Butt stops just above knee level*

Once we have people moving safely and effectively – what next?

THE POWER OF THE PAUSE

In BODYBALANCE™/BODYFLOW®, once we have established the movement pattern, we stop – pause – look at the people in front of us – and ask ourselves what do THEY need next? Do they need more Setup or are they ready for the next level?

Always coach to the people in front of you – do you need to dial up the intensity to give them a challenge, or will this be out of their reach today and make them feel unsuccessful?

LAYER 2: MASTERY

If they are ready for Layer 2, then we can focus on moving towards mastery.

The aim of Layer 2 is to enhance, refine or improve their execution, or to explore how to intensify the workout. Layer 2 enables us to take people from just exercising to training: practising with purpose. It provides us with the opportunity to educate our participants so that they can progress.

THERE ARE 3 PHASES TO DEVELOPING A SKILL...

1. Observation
2. Skill Acquisition
3. Experimentation

Observation

When you are teaching a complex movement, it can be helpful to tell people to focus on just one element that will enable them to 'get it'. For example, "watch my chest... lift your chest UP". Identify the one component of the move that will create the biggest shift in people's technique, and demonstrate it clearly so that they can replicate it.

Skill Acquisition

This is the practice phase: your participants practise this new skill, experiencing what it feels like, so that they can perceive the difference. After all, you don't learn to ride a bike just by watching someone else!

The important thing with skill acquisition is to **avoid cluttering your coaching**. Give people the space to integrate this new skill and practise it so that they can feel it. Layer 2 is not a list of points like Layer 1; people can only process one new concept at a time. Identify your objective, coach it, and give it space to land.

Experimentation

We then allow people to explore and refine their skills. For example, part of achieving mastery in BODYCOMBAT™ is developing speed. Dan Cohen says: "I relax in my Karate punch. I don't try to 'muscle through' the punch – which will slow you down. I soften my knees and I deliberately relax until the point of impact. It's this relaxation phase that is the key to creating speed."

For this type of information to really land we need to give our participants the space and time to explore the new skill and feel the difference – only through repetition can they integrate it into their technique.



Remember: Have one clear Layer 2 objective and nail it. Don't be scared to go back to that same objective in another track or in the next class; it takes time for people to progress – so give them the space and time to do so. Once they've got it, they've got it forever.

GROUP FITNESS: THE 3 ELEMENTS THAT Make It Work

DID YOU KNOW THERE ARE 3 KEY FACTORS THAT AFFECT
A NEW PERSON'S GROUP FITNESS EXPERIENCE?

SMARTSTART

The level of satisfaction that our members experience in class will determine whether or not they come back the following week. Consider this: 50% of people who start a new exercise regime will drop out within the first 6 months. If we understand how we can influence our participants' satisfaction levels, this will help us to get new exercisers addicted to fitness.

THE THREE KEY FACTORS

Past research has highlighted three variables that are key to improving satisfaction during exercise classes. These are: intensity, social connection and competence.

Intensity

Previous research has indicated that exercising at high intensity can result in a level of discomfort that can be associated with reduced satisfaction, particularly for beginners.

Social Connection

Feeling connected to the group and the instructor has been found to be important to achieving satisfaction in class.

Competence

Perceived competence – or the belief that you can execute the moves in a class – has also been shown to influence levels of satisfaction.

THE TEST

To see how these variables affect class satisfaction in LES MILLS™ programs, we completed a 30-week intervention with 25, non-active, but otherwise healthy, adults between the ages of 25 and 40. The participants completed a 6-week familiarization protocol followed by two 12-week blocks of 6 or 7 Les Mills classes per week. After each class, they completed surveys that included questions related to their levels of satisfaction with the class, what they thought of the instructor, the levels of intensity, their connection to the group and the instructor, and their levels of competence.

THE RESULTS

There was a difference between the levels of satisfaction and **Intensity** depending on the type of class. For example, when the participants completed a cardio class such as BODYATTACK™, BODYCOMBAT™, BODYSTEP™, or RPM™ and rated the class as being intense and challenging, they also rated the class as being highly satisfying. On the other hand, if they found a BODYPUMP™ or BODYBALANCE™/BODYFLOW® class to be more intense than anticipated, then they were not as satisfied with the overall experience.

Feeling **Connected** to the group and the instructor was extremely important to the levels of satisfaction in the class, and this was particularly evident during the first 12-week block. This connection allowed participants to cope with the discomfort of exercise, and therefore increased their enjoyment of the workout.

Finally, when we looked at **Competence**, the beginner participants were more satisfied when there was technical and clear instruction, enabling them to execute the movements well. Then, once they felt they had developed the skills required to complete the moves, they were able to focus more on enjoying the energy of the class.

WHAT DOES THIS MEAN FOR YOUR CLASSES?

1. Remember: new participants require a more structured and planned approach than your regulars. They still enjoy being pushed to their limits in the cardio classes, but we need to progress people more slowly in BODYBALANCE™/ BODYFLOW® and BODYPUMP™.
2. Using clear instructions that will enable new people to get comfortable with the moves in the early stages will improve their skill levels, giving them the freedom to enjoy the energy of the class later on.
3. It's vital that your members feel connected to you the instructor, and to the workout. For tips on how to create awesome connection in your classes, check out the Education session with the Program Directors on the previous release!

Don't forget to use the **SMARTSTART template** to introduce them gradually, and provide new people with the option to leave after the first few tracks.

www.lesmills.com/knowledge/smart-start/

BODYPUMP™

Improving Strength and Gait Speed in Older Adults

It's a well-established fact that our strength and speed deteriorate as we age, and this is typically seen once we are into our 40s and 50s. Resistance training is recognized as an effective way to prevent this deterioration; many interventions have successfully utilized heavy loads to counteract these changes. However, less is known about the effects of low-load, high-repetition programs, and there are conflicting reports as to whether this type of training is as effective.

With no conclusive evidence to support high rep/low load training, a team at the University of the Sunshine Coast in Queensland, Australia, decided to put this type of workout to the test, utilizing Les Mills BODYPUMP™. Their objective was to discover whether this class could improve maximal strength and walking speed in healthy and active older adults.

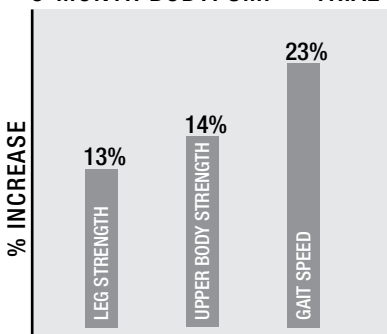
THE STUDY

A total of 68 participants aged 55 plus took part in the study. They were split into two groups – one that completed 26 weeks of BODYPUMP™ training, and one that served as a control. The BODYPUMP™ group trained twice a week for 6 months. The control group did not undertake any training and were instructed to maintain their current level of physical activity during this period.

THE RESULTS

Maximal strength and gait speed were assessed at the beginning and the end of the trial. Researchers saw significant improvements in the BODYPUMP™ group. Participants gained 13% additional leg strength, 14% upper body strength, and improved their gait speed by 23%. They also significantly increased their squat weight during the study.

6-MONTH BODYPUMP™ TRIAL



So how do these results compare to traditional high-load/low-rep programmes? **The most striking outcome was that the increases seen in gait speed were greater than what is typically seen in conventional resistance training programmes.** Gait speed is of particular importance as we age. Walking requires energy and movement control, and demands the integration of multiple systems in the body. A slowed pace of walking can indicate a reduction of efficiency, which can predict impending health issues. Gait speed, therefore, is a simple way to assess a person's vitality.

BODYPUMP™ KEEPS US STRONG AND MOBILE

This study is the first of its kind to demonstrate that high-rep/low-load training programs can improve strength and walking speed in middle-aged and older adults effectively. This is great news for attendees of Les Mills BODYPUMP™ as it proves that this class is an effective way to maintain our health as we age!



TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuromuscular Pre-conditioning	Program Specific
2	Push and Pause	Descending Speed Sets	Program Specific
3	Relay	Anaerobic Supersets	Program Specific
4	7's and 5's	Speed Circuit Training	Mix and Match
5	1-Minute Challenge	Maximum Speed Effort	Mix and Match
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 activate 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

SIMPLE COACHING. MAXIMUM FUN.

These are your key focuses for this release. Keep your coaching simple and have some fun while leading an intense workout! Track 3 Relay, is a great opportunity to do this and connect with your members.

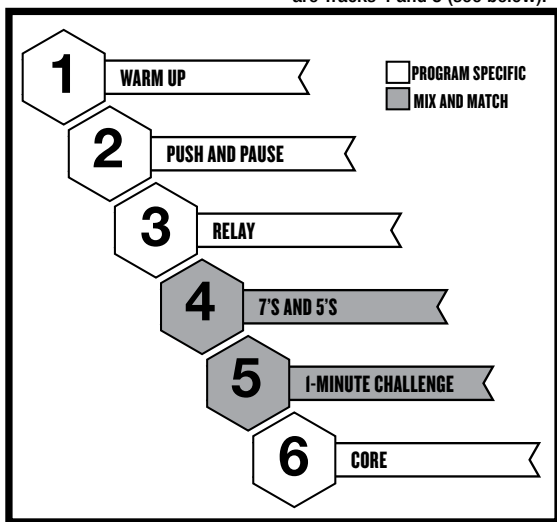
NUMBERING

A reminder that from Release 12 we aligned the numbering for Cardio with Strength and Plyo. This means there isn't a Cardio 9, 10 or 11.

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 13, LES MILLS GRIT Plyo 13, and LES MILLS GRIT Cardio 13), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 4 and 5 (see below).



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

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

MUSIC

Always use the music specific to the base workout you are teaching and simply switch out the exercises for the mix and match tracks.

For example, if you're coaching a Strength workout, use the music from Strength for Tracks 4 and 5, and mix it with the exercises from Tracks 4 and 5 from Cardio or Plo.

EQUIPMENT

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

COMPETITION

Hands up who used the competition sheets in their Release Kit? Printing competition sheets was a pain right? Over the past 12 months, we've been busy developing a mobile app to enhance participants' LES MILLS GRIT workouts. We've taken competition off paper and put it in the hands of members.

So in this release you won't find a competition sheet – instead, members can input their score directly into the app during or after class and their results will be live. This allows them to track their progress and connects them with fellow GRITTERS within their club and around the world at the touch of a button.

Read on to find out all the details.



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LES JNR

LES MILLS GRIT™ APP

IT'S HERE...

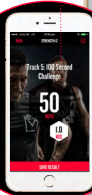
SO WHY DID WE CREATE IT?

- To enhance LES MILLS GRIT workouts and take members' engagement to the next level
- Our target market is tech savvy, so we need to communicate with them through their preferred method – their mobile phones
- To bring the competitive element of LES MILLS GRIT to life – you know that your members probably secretly wonder if they can smash out more reps than the person standing next to them (plus we know you'll be dying to see how you stack up compared to the other LES MILLS GRIT coaches out there)!



KEY FEATURES

RECORD
repetitions during
competition tracks



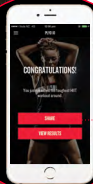
LEADERBOARDS
see how you stack up
compared to others
at your club, in your
city, your country or
globally



TRACK
progress
over time



SHARE
results on
social media



LES MILLS GRIT™ APP

HOW DOES IT WORK?

Each release has a dedicated competition track for which participants will be able to enter their rep count into during or straight after class. They'll then be able to benchmark their score for next time they do that release, setting new goals to smash as well as seeing how they stack up against other GRIT lovers within their club and around the world.

Important: Remember, if you are mix and matching the competition track in a release, you will need to let your participants know before they enter their scores. For example, if you are teaching a Strength release but using the competition track from Cardio, your participants will need to look for the Cardio competition track on the app, not a Strength version.

In this release the competition track is Track 5: 1-Minute Challenge.

Here's your 'cheat sheet' to competition tracks in other releases:

Release	Competition Track
01 – 06	No competition tracks
07 (Cardio 04)	Track 3: Metabolic Circuit Training
08 (Cardio 05)	Track 5: Burpee / Plyometric / Propulsion Challenge
09 (Cardio 06)	Track 5: Ladder Challenge
10 (Cardio 07)	Track 2: 10/10 Max Out
11 (Cardio 08)	Track 5: 1-Minute Challenge
12	Track 5: 100 Second Challenge
13	Track 5: 1-Minute Challenge

Remember that competing is just an option, and that participants can enjoy the workouts without having to record reps.

Here's an example of what you might say to your class:

"Team! If you're using the LES MILLS GRIT App to record results, the competition track we're doing is [insert Strength, Plyo or Cardio] [insert LES MILLS GRIT release number] today. The competition track is Track [insert track number]. I'll explain how to count your reps when we get to this track. Any questions, come talk to me at the end of the workout. Recording your results is optional and we're all in for an incredible workout regardless!"

LES MILLS GRIT™ APP

SO, WHAT DO I NEED TO DO?

1. Download the app from the App Store and get familiar with it.
2. Set up your profile and select that you're a LES MILLS GRIT coach so we can communicate with you directly through the app.
3. Use the app to double-check what the competition track is before teaching.
4. Encourage participants in your classes to take charge of their fitness and start tracking their progress and setting goals for themselves.

FAQs

What are the key features of the Les Mills Grit™ mobile app?

The app will allow users to record repetitions during competition tracks, track their progress and it will connect them with GRITTERS within their club and around the world at the touch of a button. Users will also be able to share the fact that they've just smashed the toughest HIIT workout around on social media.

When will the app be available?

If the app is not already available in your region, it will be available globally from May 1, 2015.

What platforms will be able to access the mobile app?

Initially, the LES MILLS GRIT mobile app will only be available through the App Store for iOS users. We are exploring the feasibility of an Android version however timing for release of an Android version has not yet been confirmed.

What languages is the app available in?

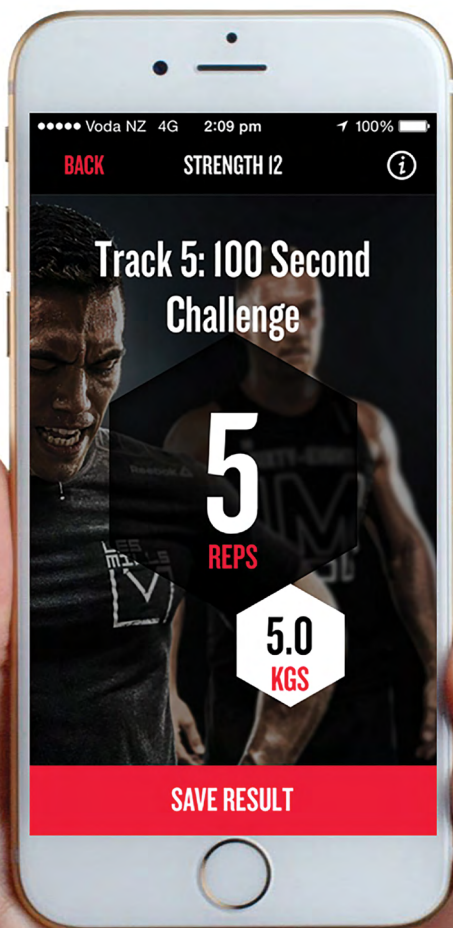
At this stage the app is only available in English.

Is there any cost to download the app from the App Store?

No, you can download the app from the App Store free of charge.

Where can I give feedback about the app?

We'd love to hear your feedback! Please send your comments to blah@lesmills.com



LES MILLS GRIT™ CARDIO

1

Accelerated Warmup

MUSIC	EXERCISE	REPS
0.00	Set up Squat Crawl to Pushup	
0.21	Squat Crawl to Push up	4x
0.51	High Knee Run On The Spot	
1.21	3 Step Run Slow (Left + Right)	4x
1.37	Squat Jump	8x
1.52	3 Step Run Fast (Left + Right)	8x
2.07	Squat Burpee Slow	2x
2.22	Squat Burpee with Jump	10x

COACHING TIP

The focus of this Cardio workout is on speed and agility drills. The Accelerated Warmup introduces the movement patterns that will feature throughout the class and pushes heart rates up into a training zone for Track 2.

Use this track to set your team's movement patterns at a slower pace so that they have perfect technique when the speed picks up in the tracks to come.

CONNECTION

You can tell from Andres coaching right from the start that he was going to have fun with this workout. Establishing a connection with your team in this track is essential so you can support them through the more challenging tracks to come. Get a commitment from your team in the first few minutes of the workout and hold them to it to the final second of work.

DRIVE

There will be a range of fitness levels in the room so make sure you introduce options early on in the workout, this way everyone has the opportunity to move safely and effectively at a challenging pace over the next 30 minutes.

HIIT SCIENCE

The Accelerated Warmup ensures we are in our training zone by Track 2. Using less intense versions of the movements in the class, helps prepare the Neuromuscular system for what lies ahead.

SQUAT CRAWL TO PUSHUP

- Feet outside hip-width
- Sit butt back and down into Squat
- Crawl hands out into Pushup position, hands outside shoulder-width
- Drop chest to elbow-height
- Abs Braced
- Crawl hands back to feet
- Use Squat to stand

HIGH KNEE RUN ON THE SPOT

- Chest up – abs braced
 - Run on toes
 - Lift knees to hip-height
 - Drive with arms
- ↓ ↓ OPTIONS: JOG OR MARCH ON THE SPOT**

3 STEP RUN

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

SQUAT JUMP

- Feet outside hip-width
- Sit butt back and down
- Knees out – tracking forward over toes
- Chest up – abs braced
- Butt drops just above knees
- Elbows close to mid-thigh
- Hands reach up and over head at top
- Jump out of the bottom of the Squat
- Bent knee landing

SQUAT BURPEE WITH JUMP

- Feet wide
- Butt down and back – just above knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Abs braced as jump feet back
- Hands under shoulders
- Back long, strong and straight
- Jump up on return, wide bent knee landing

↓ ↓ OPTION: STEP BACK INTO PLANK

2

Push and Pause

MUSIC	EXERCISE
0.00	Set up track and first exercise: 3 Step Run
	SET 1: 3 Step Run
0.44	3 Step Run , Left + Right
1.14	Pause
1.19	3 Step Run , Left + Right
1.30	Pause
1.35	3 Step Run , Left + Right
1.46	Recover and set up exercise two: Squat Burpee with Jump
	SET 2: Squat Burpee with Jump
2.06	Squat Burpee with Jump
2.36	Pause
2.41	Squat Burpee with Jump
2.51	Pause
2.56	Squat Burpee with Jump
3.05	Recovery
3.26	Repeat Set 1
4.29	Recovery
4.48	Repeat Set 2
5.48	Recovery
6.08	Repeat Set 1
7.11	Recovery
7.30	Repeat Set 2
8.29	Recovery

COACHING TIP

Push and Pause training: 3 rounds, 2 exercises. Work for 30 seconds, pause, work for 10 seconds, pause, work for 10 seconds. Demonstrate the first move clearly with compulsory technique cues. Andres set his team's expectations before the first working block started by explaining that they need to move faster in the 10 second blocks. Use the first recovery to set up the second move.

CONNECTION

This is a really big working track! As soon as you have set up the moves and everyone is moving well, get out on the floor and spend one-on-one time with your team. This will advance their technique and push them to go even faster. The Burpee sets will send your team's heart rate over the edge; so be there to support them and convince them they can fight their fatigue to the recovery. Keep reinforcing options so everyone in the room can keep moving.

DRIVE

Keep reiterating the focus of the workout: speed and agility. More speed equals more muscle fibers which gets us fitter, faster. But don't just tell your team to go fast! Teach them how to go fast. Andres does this nicely in Round 2 by coaching participants to stay light on their toes in the 3 Step Run and to shoot the legs out and in from the Plank position faster in the Burpee. Don't forget to get your hands dirty in the work too – Burpees are better together!

HIIT SCIENCE

The 2 short blocks at the end of each set give us the opportunity to generate more fatigue in the working muscle. It's this fatigue that delivers fast results.

3 STEP RUN

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

SQUAT BURPEE WITH JUMP

- 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 – **wide bent knee landing**

↓↓OPTION: STEP BACK, NO JUMP

3

Relay

MUSIC EXERCISE

0.00 Split the room and set each side up with their first exercise:

A: **Speed Skater**, Left + Right

B: **Spider Crawl with a Jump**

ROUND 1

Group A

Exercise A

Exercise B

Exercise A

Exercise B

Group B

Exercise B

Exercise A

Exercise B

Exercise A

2.45 Recovery and set up Round 2 exercises:

A: **180 Degree Squat Jump**

B: **Lateral Bear Crawl**, Left + Right

ROUND 2

Group A

Exercise A

Exercise B

Exercise A

Exercise B

Group B

Exercise B

Exercise A

Exercise B

Exercise A

5.30 Recovery

COACHING TIP

As soon as the music for this track hits you need to split the room and name the groups A and B. This track is a Relay: two 2 minute sets of work with 2 exercises in each, superset for two rounds of 30 seconds on each move. Demonstrate the first 2 exercises and allocate the starting move to each group. In the filming footage Nat spent the first few reps talking her team through perfect technique so that everyone is working to their max for the majority of the 2 minute working block. In the recovery, acknowledge the effort first and give your team a chance to breathe as you reset them for the next two moves.

CONNECTION

Nat used one-on-one coaching to make sure her team was getting their technique right before adding in the speed. Remember that speed is key but not at the expense of good technique. Play the teams off against each other to get a bit of extra speed out of both sides.

DRIVE

Alternating exercises in the Relay means we can continue to work at a high intensity for the whole block; So don't let your team slow down until the 2 minutes is complete! This is anaerobic training and if you want the benefits, you have to work for them!

HIIT SCIENCE

2-minute work blocks are tailor made for anaerobic conditioning – providing we hit our maximum training zone. Working into this zone is proven to get us superfit, superfast.

SPEED SKATER

- Push off one foot, transfer weight to the other
- Shift weight to side
- **Knees bent on take-off and landing**
- Hinge forward at hips
- **Chest up – abs braced**
- Hips back and down
- **Knee out with bent knee landing**

SPIDER CRAWL WITH A JUMP

- Feet wide outside hips
- **Sit butt back and down into Squat**
- Walk hands out into a Plank position
- Walk hands to squat back
- **Jump out of Squat position and land with bent knees**
- Chest up – abs braced

⇓ **OPTION: NO JUMP**



180 DEGREE SQUAT JUMP

- Feet outside hip-width
- Drive out of Squat position up and around 180 degrees
- **Land with bent knees in squat position**
- Chest up – abs braced
- **Wide bent knee landing**
- Lift arms to drive around

⇓ **OPTION: 90 DEGREE TURN**

LATERAL BEAR CRAWL

- Hands under shoulders
- Knees under hips and just off floor
- **Back is long and straight**
- **Keep the shoulders and hips level as you move sideways**
- Abs braced

4

7's and 5's

MUSIC	EXERCISE
0.00	Set up first combination of exercises: Air Jack and Pushup with Reach
0.45	COMBINATION 1: 7's
	Air Jack x 7 Pushup with Reach x 7 (count every rep) Repeat as many rounds of the above combination as you can in 45 seconds.
1.29	Recover and set up second combination of exercises: Tricep Pushup and Side Climber
1.50	COMBINATION 2: 7's
	Tricep Pushup x 7 Side Climber x 7 (count every rep) Repeat as many rounds of the above combination as you can in 45 seconds.
2.35	Recover and set up second round of each combination with only 5 reps of each exercise.
2.54	COMBINATION 1: 5's
	Air Jack x 5 Pushup with Reach x 5 (count every rep) Repeat as many rounds of the above combination as you can in 45 seconds.
3.39	Recovery
3.59	COMBINATION 2: 5's
	Tricep Pushup x 5 Side Climber x 5 (count every rep) Repeat as many rounds of the above combination as you can in 45 seconds.
4.44	Recovery

COACHING TIP

This track is called 7's and 5's: 2 rounds, 2 sets of work supersetting 2 exercises for a given number of reps, as many times as you can in 45 seconds. Reset the room then demonstrate the first 2 moves with clear technique cues and explain how to count the reps. Get your team anticipating the countdown so they're ready to move as soon as the working time starts! In the recovery, set up the next 2 moves.

CONNECTION

Right from the start Nat clearly set the objective of this track – that she was going to teach her team how to move faster than they have all day! The working blocks in this track come hard and fast – so start each set at the front and help your team get moving. Then get out on the floor and assist with technique and encourage individuals to push their physical limits.

DRIVE

Drive your team on the results they stand to achieve if they move with speed. The faster you move, the faster the heart rate and the greater the results. Nat challenged her team by saying "If you came here to get faster, if you came here to get leaner, you're going to find a little more pace for me." Make your team accountable for every single second; maximum effort equals maximum results.

HIIT SCIENCE

Supersetting 2 exercises enables us to continue to work at a higher intensity for the full block. This higher intensity requires a maximum number of muscle fibres to be used generating rapid changes in our body composition.

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
- **Absorb landing with a knee bend**

⇓ **OPTION: JUMPING JACK**

PUSHUPS WITH REACH

- Hands slightly wider than shoulders
- Feet outside hipwidth
- **Chest up – abs braced**
- **Chest to elbow-height**
- Raise arm on return to top
- **Keep shoulders square and upper body stable**
- Repeat on other side

⇓ **OPTION: ON KNEES**

TRICEP PUSHUP

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

⇓ **OPTION: ON KNEES**

SIDE CLIMBER

- Plank position – hands just outside shoulder-width
- **Back long, strong and straight**
- **Abs braced**
- Jump both feet out to side – aim to get them outside the elbow
- **Knees jump forward to 90 degrees**
- **Hips down** with slight hip-twist
- Jump feet back to Plank
- Repeat on other side

5

1-Minute Challenge

MUSIC

EXERCISE

0.00

Set up exercises:

– **Squat Jump**

– **Drop Tuck Jump**

Ladder up as high as you can in 60 seconds, adding an extra rep of each move each round.

0.45

1-MINUTE CHALLENGE

1.44

Recovery

COACHING TIP

The final hit of the workout is a 1-Minute Ladder Challenge. You have 2 moves to ladder up, trying to climb as high as you can in 1-minute. Clearly set up the 2 moves with key technique cues and explain how to add on the reps.

CONNECTION

When you're this close to the finish line why pull back on the intensity? Amp up your team up for the final block of work that will deliver the results they came for! Keep your cues short, sharp and encouraging to encourage your team to hang in, right until the last second.

DRIVE

At this stage of the workout your team will be feeling maxed out. It's your job to draw a little more energy out of them to smash out the last 60 seconds with success! Stay in touch with those in your team who need a little more personal attention to get to the end, but don't stay away from the front of the room for too long. Be an example of athleticism, driving your team from the front to the finish line!

HIIT SCIENCE

The premise behind High Intensity Interval Training is pushing as hard as we can for short blocks. This last minute of work provides the perfect opportunity to do exactly that. One more minute to redefine your fitness.

SQUAT JUMP

- Feet outside hip-width
- **Butt drops back and down**
- **Knees out and tracking forward over toes**
- **Chest up – abs braced**
- Elbows close to mid-thigh
- Hands reach up and over head at top
- Jump out of the bottom of the Squat
- **Wide bent knee landing**

DROP TUCK JUMP

- Drive out of partial Squat with feet outside hip-width
- Flex hips to drive the knees wide to chest
- **Chest up – abs braced**
- **Bent knee landing**

6

Core

MUSIC	EXERCISE	REPS
0.00	Set up 45 Degree Crunch	
0.26	45 Degree Crunch Pulse	7x
0.35	Lower shoulders and legs toward floor	
0.37	45 Degree Crunch Pulse	7x
0.45	Lower shoulders and legs toward floor	
0.48	45 Degree Crunch Hold and lower	7x
1.06	Set up Plank Knee Sweep	
1.09	Plank Knee Sweep (Left)	4x
1.19	Plank Knee Sweep (Right)	4x
1.30	Plank Knee Sweep faster (Left)	7x
1.36	Plank Knee Sweep faster (Right)	7x
1.41	Plank Knee Sweep faster (Left)	7x
1.46	Plank Knee Sweep faster (Right)	7x
1.51	Recovery	
2.13	45 Degree Crunch Pulse	7x
2.22	Lower shoulders and legs towards floor	
2.24	45 Degree Crunch Pulse	7x
2.33	45 Degree Crunch Hold and lower	8x

COACHING TIP

Take some time to acknowledge all the effort that went into the previous track and convince your team that the next few minutes are worth sticking around for. To make the most of high-intensity training we need a strong core and that's exactly what this track will give you. Provide options early so those who are losing form can stay in the work safely and effectively.

CONNECTION

Your team will be mentally and physically exhausted so don't over-coach this track. Use clear technique cues and count the reps to keep them moving.

DRIVE

In the filming footage, Nikki convinced her team to keep working towards the victory awaiting them at the end of the workout. Keep your team focused until the music stops.

HIIT

The most effective high intensity exercises involve intergrating the upper and lower body simultaneously. To do this you need a strong core.

45 DEGREE CRUNCH

- Legs extend to 45 degrees
- **Slide the ribs to hips**
- Take arms forward
- **Chin tucked in**
- Lower legs toward floor
- **Brace abs to keep lower back toward the floor as you lower the legs**

⇓ **OPTION: BEND AT THE KNEES**

PLANK KNEE SWEEP

- Strong Plank position, hands under shoulders
- **Back long, strong and straight**
- **Abs braced**
- **Hips down in line with chest**
- Bring knee forward and sweep it from one side to the other
- Slight rotation through the hips

⇓ **OPTION: ON KNEES**



TRACK		ARTIST	
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