

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

Elysium > 3.03 mins

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**

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**

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	Group B
0.45	Exercise A	Exercise B
1.15	Exercise B	Exercise A
1.45	Exercise A	Exercise B
2.15	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	Group B
3.29	Exercise A	Exercise B
3.59	Exercise B	Exercise A
4.30	Exercise A	Exercise B
5.00	Exercise B	Exercise A

5.30 Recovery

For The Hardcore/Here Tonight > 5.34 mins

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**

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

Can't Hold Us Down > 1.48 mins

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**

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 integrating 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	
1 Elysium © 2014 Spinnin Records, under exclusive license to Hussy Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au. Licensed courtesy of Ministry of Sound Australia Pty Ltd. Written by: Rathbun	Audien	3:03
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