

LES MILLS GRIT™ PLYO

1 Accelerated Warmup

SETUP

- A heavy plate and bench

MUSIC	EXERCISE	REPS
0.00	Set up Squat	
0.11	Squat Slow	6x
0.32	Squat with Press	7x
0.58	Plate Clean – Slow	4x
1.12	Plate Clean – Jump/Walk Down	4x
1.26	Plate Clean	8x
1.39	Backward-Stepping Bench Lunge (Left)	8x
1.52	Backward-Stepping Bench Lunge (Right)	8x
2.06	Bench Pushup	7x
2.19	Bench Walk On Slow	2x
2.26	Bench Walk On	4x
2.33	Fast Bench Run Up/Down	32x

Blame > 3.06 mins

COACHING TIP

The focus of this Plyometric workout is jump training – getting explosive on the bench and on the floor. Outline this from the beginning so your team knows exactly what they're working on. It's important to introduce options in the Accelerated Warmup so everyone is clear about how to keep moving when they need to reduce the intensity. Get all this information out in your equipment setup and your team will be ready to go!

CONNECTION

In the filming footage, Nikki was friendly and fun which sets a really good mood to kick off this explosive workout. Use this track to get a sense of the fitness levels in the room so you can appropriately coach each and every one of your participants.

DRIVE

We use the Accelerated Warmup to introduce key movement patterns that will feature throughout the workout. Setting your team up with perfect technique in this track will help them amplify the work and results in the tracks to come.

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

- Feet outside hip-width
- Chest up – abs braced
- Plate in front of collarbone
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes

SQUAT WITH PRESS

- Feet outside hip-width
- Chest up
- Plate to collarbones
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Press plate above head, keeping elbows slightly forward
- Brace abs as plate goes over head

PLATE CLEAN – SLOW

- Start with feet straddling bench
- Walk on, on, off, off

PLATE CLEAN – JUMP/WALK DOWN

- Jump on the bench
- Walk down

PLATE CLEAN

- Start with feet straddling bench
- Keep plate close to body
- Double Squat
- Soft knee landing
- Abs braced
- Elbows slightly forward at the top

⇓ **OPTION: NO PLATE**

BACKWARD-STEPPING BENCH LUNGE

- Feet hip-width – long step back
- One foot on bench, the other on floor
- Front thigh parallel to floor in bottom of Lunge – knee in line with toes
- Chest up – abs braced
- Body stays upright

BENCH PUSHUP

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

⇓ **OPTION: ON KNEES**

BENCH WALK ON

- One foot either side of the bench
- Walk one foot up onto bench at a time
- Walk back down
- Chest up, abs braced

FAST BENCH RUN UP/DOWN

- One foot either side of the bench
- Run feet on and off bench
- Drive arms
- Chest up, abs braced

⇓ **OPTION: WALK UP/DOWN**

SETUP

- Heavy plate and bench

MUSIC EXERCISE

0.00 Set up track and first exercise: Jumping Lunge on Bench with Plate

SET 1: Jumping Lunge on Bench with Plate

0.44 Jumping Lunge on Bench with Plate

1.14 Pause

1.19 Jumping Lunge on Bench with Plate

1.29 Pause

1.34 Jumping Lunge on Bench with Plate

1.44 Recover and set up exercise two: Plate Clean

SET 2: Plate Clean

2.04 Plate Clean

2.34 Pause

2.39 Plate Clean

2.49 Pause

2.54 Plate Clean

3.04 Recovery

3.24 Repeat Set 1

4.24 Recovery

4.44 Repeat Set 2

5.43 Recovery

6.03 Repeat Set 1

7.03 Recovery

7.24 Repeat Set 2

8.24 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 and outline the equipment needed. Nikki set a focus for each round for her team: 1 – Range, 2 – Power, 3 – Speed. This is really effective for keeping everyone engaged. Outline all compulsory technique cues and options in the first round so everyone has the opportunity to move safely and effectively while working to their personal limits.

CONNECTION

There's no denying it – this track is an absolute killer! Heart rates will be through the roof so use the recoveries wisely to reset your team and remind them why they're doing this. Nikki kept her team focused by selling them the benefits of each move and reminded them they're getting stronger and more athletic with every rep. Don't hold back on praise in this track: it's vital to acknowledge the hard work being done.

DRIVE

Connect your coaching to the focus of the workout – explosiveness. Hitting range and explosiveness in the Jumping Lunge on Bench and speeding up reaction times in the Plate Clean will ensure your team is getting the most out of every rep. Make sure you're not 'all talk and no action' – drive your team from the front of the room like Nikki does, using your power and speed as an aspirational motivator to keep your team working until the recovery.

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.

JUMPING LUNGE ON BENCH WITH PLATE

- Front foot firmly apart on bench, feet hip-width
- Long stride back, rear heel off the floor
- Front thigh parallel to floor in bottom of Lunge, knee in line with toes
- Plate at collarbones
- Chest up – abs braced
- Jump Lunge to swap feet over

⇓ **OPTION: BACKWARD-STEPPING LUNGE, NO PLATE, NO BENCH**

PLATE CLEAN

- Start with feet straddling bench
- **Keep plate close to body**
- Double Squat
- On bench – knees forward
- Off bench – knees out
- **Soft knee landing**
- **Abs braced**
- **Elbows slightly forward at the top**

⇓ **OPTION: NO PLATE, STEP UP/DOWN ON BENCH**

3

Relay

SET UP

- A bench

MUSIC EXERCISE

0.00 Split the room and set up each group with their first exercise:
A: **Ladder Run On/Off Bench**
B: **Pushup with Jacks On/Off Bench**

ROUND 1

Group A	Group B
Exercise A	Exercise B
Exercise B	Exercise A
Exercise A	Exercise B
Exercise B	Exercise A

2.45 Recovery and set up Round 2 exercises:
A: **Lateral Bench Jump**
B: **Static Sumo Squat with Forward Raise and Jump**

ROUND 2

Group A	Group B
Exercise A	Exercise B
Exercise B	Exercise A
Exercise A	Exercise B
Exercise B	Exercise A

5.29 Recovery

Coffins/Your Love > 5.33 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 two exercises in each, superset for two rounds of 30 seconds on each move. Demonstrate the first two moves your team needs to know quickly and clearly. There is a lot of information to convey in a short space of time so choose your words wisely. Use the recovery to praise the effort that's been put into the previous round then get straight into setting up the next two exercises.

CONNECTION

Alternating movements in the Relay means you can continue to work at a high intensity for the entire 2-minute block of work. Some people in your team, will need options to keep the intensity up; so outline these early and use your tone of voice to make them feel successful about choosing these options to make sure they can stay in the work – this is what we call smart training! At the same time, keep your connection with those pushing through a little harder and use one-on-one coaching to motivate these people even further!

DRIVE

Create some friendly team rivalry to keep both groups pushing to their max! Make sure your participants are hitting the move transitions straight away; as they need to keep working really hard right to the recovery. In Round 2 of each move, coach them how to get more out of each exercise and dig into some of the work with 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.

LADDER RUN ON/OFF BENCH

- Start at one end of the bench, one foot on either side
- Run feet on and off the bench, making your way up and down the bench
- Stay low in the legs
- Fast feet
- Chest up, abs braced

⇓ **OPTION: OFF THE BENCH**

PUSHUP WITH JACKS ON/OFF BENCH

- Hands outside shoulder-width
- Feet up on the bench
- End of bench should be level with knees
- Chest drops to elbow-height and feet jump off to either side of the bench
- Brace abs
- Jump feet back up and push back up



OPTIONS: SEPARATE PUSHUP AND JACK OR KNEES ON BENCH FOR PUSHUP



**LATERAL BENCH JUMP**

- One foot on bench, other on floor
- Drop into a Squat position
- Jump across the bench to opposite side
- **Bent knee landing back into Squat**
- Use arms to drive
- **Chest up – abs braced**

⇓ **OPTION: OFF THE BENCH**

STATIC SUMO SQUAT WITH FORWARD RAISE AND JUMP

- Begin in a wide Squat, feet outside hip-width, plate in front of hips
- **Chest up abs braced**
- Lift plate straight out in front of shoulders
- Bring plate back down in front of hips
- Jump out of Squat
- **Bent knee landing**

⇓ **OPTION: NO JUMP**



SETUP

- Heavy plate and bench

MUSIC EXERCISE

0.00	Set up first combination of exercises: Resisted Forward Jump and Resisted Lateral Jump
0.45	COMBINATION 1: 7's
	Resisted Forward Jump x 7 Resisted Lateral Jump x 7 (count every jump) Repeat as many rounds of the above combination as you can in 45 seconds.
1.32	Recover and set up second combination of exercises: Long Forward Jump with a Tuck Jump and 180° Turn, and Walking Plank On/Off Bench
1.51	COMBINATION 2: 7's
	Long Forward Jump with a Tuck Jump and 180° Turn x 7 Walking Plank On/Off Bench x 7 (count every rep) Repeat as many rounds of the above combination as you can in 45 seconds.
2.36	Recover and set up second round of each combination with only 5 reps of each exercise.
2.56	COMBINATION 1: 5's
	Resisted Forward Jump x 5 Resisted Lateral Jump x 5 Repeat as many rounds of the above combination as you can in 45 seconds.
3.41	Recovery
4.00	COMBINATION 2: 5's
	Long Forward Jump with a Tuck Jump and 180° Turn x 5 Walking Plank On/Off Bench x 5 Repeat as many rounds of the above combination as you can in 45 seconds.
4.46	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 possible in 45 seconds. Set up bench position and equipment needed then demonstrate the first 2 moves and clearly explain how to count the reps. Use the recovery to demonstrate the next 2 moves and reset your team to push for even more intensity.

CONNECTION

Marcus did the entire first round with his team, which eliminated any confusion about how this track works. Get your team feeling confident with the exercises and they'll work harder and faster, which will keep the intensity right up.

DRIVE

When the 5-rep round hits, focus on driving your team to get more distance. Coach both physically and verbally and challenge your team to try and do more reps than in the previous set. When fatigue sets in, remind your team of the benefits – the further you jump, the more muscles you use; the more results you get, the closer you are to reaching your goals.

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.

RESISTED FORWARD JUMP

- Start in Squat position, **feet outside hip-width**
- Plate in front of collarbones
- **Chest up – abs braced**
- Jump forward, extending the hips
- **Bent knee landing**
- Take 2 long strides back and repeat

⇓ **OPTION: NO PLATE**

RESISTED LATERAL JUMP

- Start in Squat position, **feet outside hip-width**
- Plate in front of collarbones
- **Chest up – abs braced**
- Lateral Jump sideways
- **Bent knee landing into Squat**
- Repeat in opposite direction

⇓ **OPTION: NO PLATE**

LONG FORWARD JUMP WITH A TUCK JUMP AND 180° TURN

- Start in Squat position, **feet outside hip-width**
- **Chest up**
- Long jump forward, driving with hips
- On landing, drive away from floor into a Tuck Jump
- **Use abs to pull knees up**
- **Bent knee landing**
- Quick 180-degree turn and repeat in opposite direction

WALKING PLANK ON/OFF BENCH

- Plank position beside bench with hands and feet on floor
- **Back long, strong and straight**
- **Keep hips and shoulders parallel to floor**
- Hands walk over bench, with feet moving at same time on floor
- **Abs braced**

⇓ **OPTION: ON KNEES**

5

1-Minute Challenge

SETUP

- A bench

MUSIC EXERCISE

0.00 Set up exercises:
Burpee with a Tricep Pushup with a Tuck Jump
 Increase the Tuck Jump by 1 rep each round of the combo, trying to do as many Tuck Jumps as you can in 60 seconds.

0.44 **1-MINUTE CHALLENGE**

1.44 Recovery

Rocker > 1.49 mins

COACHING TIP

Get your team to relax and refocus while you set them up for their final peak in the workout, the 1-Minute Challenge. Demonstrate the move combo and explain how to ladder up in the Tuck Jump.

CONNECTION

Andres lightened the mood by telling his team this track is going to be challenging but it's also going to be fun. Help frame your team's mindset for success by reminding them that only 60 seconds of work will set them up to achieve the afterburn effect exclusive to High Intensity Interval Training. They came for results so don't let them cheat themselves of their best efforts in this track!

DRIVE

When the track starts, count your team through the first few rounds so that they know how to ladder up, then get out on the floor to drive and encourage. At 30 seconds to go, challenge your team to try and move even faster and get amongst the madness by smashing it out to the end with your team.

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.

BURPEE WITH TRICEP PUSHUP WITH A TUCK JUMP

- Butt drops down and back just above knee-height
- Chest up
- Hands on bench under shoulders
- Abs braced as you jump feet back into Plank position
- Tricep Pushup, dropping chest to elbow-height
- Return back through Squat and jump up into Tuck Jump
- Feet land wide, back into Squat position
- Bent knee landing

⇓ OPTION: TRICEP PUSHUP ON KNEES, NO TUCK ON JUMPS

MUSIC	EXERCISE	REPS
0.00	Set up Hover	
0.25	Hover Hip Extension (Right)	7X
0.39	Hover Hip Extension (Left)	7x
0.52	Hover Hip Extension Faster (Right)	7x
0.59	Hover Hip Extension Faster (Left)	7X
1.06	Hover Jack	32X
1.32	Hover Hip Extension (Right)	7x
1.45	Hover Hip Extension (Left)	7x
1.58	Hover Hip Extension Faster (Right)	7x
2.05	Hover Hip Extension Faster (Left)	7x
2.11	Hover Jack	32x
2.38	Recovery	

Burial > 2.58 mins

COACHING TIP

Let your team breathe and recover from the previous track while you set them up for their Core training. Clearly set up the first exercise and give options. Options in this track are more important than ever; so as soon as you've set up the full extension of the move, demonstrate the option to help everyone keep moving to the end of the workout.

CONNECTION

Lower your voice right down – you'll be competing for ear time with a lot of racing hearts. Stay connected to your team in this track by offering them support and acknowledging how hard they've worked in the previous tracks.

DRIVE

A strong core is the foundation of a strong athlete. Your team has just trained like athletes in the previous minutes of the workout so don't let them slack off now. Get everyone in the room moving safely and effectively by clearly setting up each move and floor-coaching, then drive them home from the front, racing to the countdown together.

HIIT SCIENCE

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

HOVER

- Elbows under shoulders, fists together
- **Abs braced**
- **Back long, strong and straight**
- **Hips and shoulders square, butt down**
- Chin tucked in – eye gaze to hands

⇓ **OPTION: ON KNEES**

HOVER HIP EXTENSION

- Start in Hover position
- Pick up one leg, bending at the knee to make a 90 degree angle
- **Drive leg up to hip-height**
- **Abs braced**
- **Back long, strong and straight**
- Perform reps then change sides

⇓ **OPTION: ON KNEE**

HOVER JACK

- Elbows under shoulders, fists together
- **Back long, strong and straight**
- Chin tucked in – eye gaze to hands
- **Abs braced as legs Jack out and in**
- **Butt down – hips level with shoulders and square with floor**
- Jump feet outside shoulder-width
- Jump feet back in

⇓ **OPTION: HOVER ON KNEES, ALTERNATE SIDE TAP**

TRACK	ARTIST	
1 Blame (R3HAB Remix) © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Group, a division of Sony Music Entertainment. Written by: Harris, John Newman, James Newman	Calvin Harris feat. John Newman	3:06
2 Anything's Possible © 2014 Les Mills Music Licensing Ltd. Written by: Benardout, Busch	Broken Pepper	1:45
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3 Coffins Unknown. Written by: Unknown	Pegboard Nerds x MisterWives	1:15
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Coffins Unknown. Written by: Unknown	Pegboard Nerds x MisterWives	0:30
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