

LES MILLS
GRIT™

PLYO

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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

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.

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.

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™ PLYO 13

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The Fine Print

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LES MILLS GRIT™ Plyo 13

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.

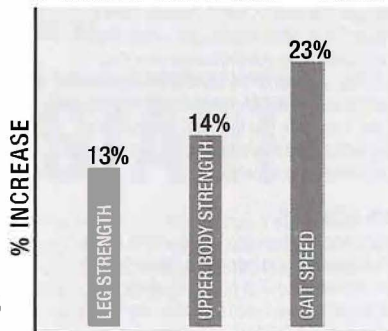
THE STUDY

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 Plyometric Sets	Program Specific
3	Relay	Anaerobic Supersets	Program Specific
4	7's and 5's	Plyometric Circuit Training	Mix and Match
5	1-Minute Challenge	Maximum Plyometric 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.

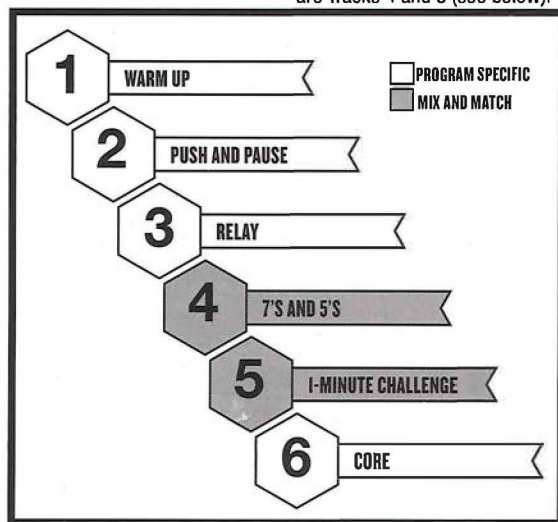
NUMBERING

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!

LES MILLS GRIT™ Plyo 13

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 Plyo.

EQUIPMENT

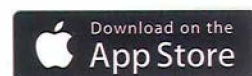
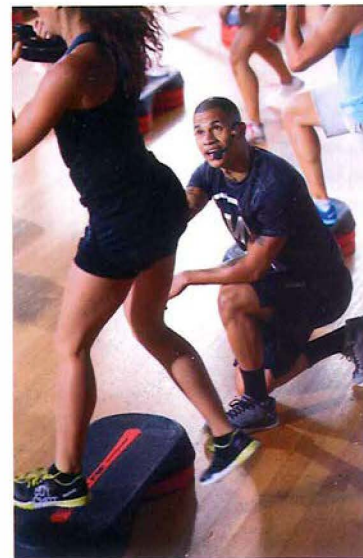
If the mix you are doing involves setting up different equipment for later tracks, it's important that you make this clear at the beginning of the workout. You can stop the music for a max of 30 seconds to set up, but no longer as intensity levels will fall.

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.



LES JNR

LES MILLS GRIT™ APP

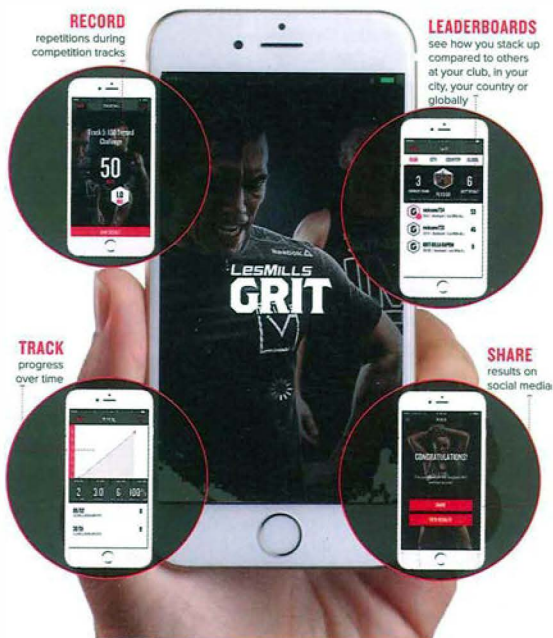
IT'S HERE...

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



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 what 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 for 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?

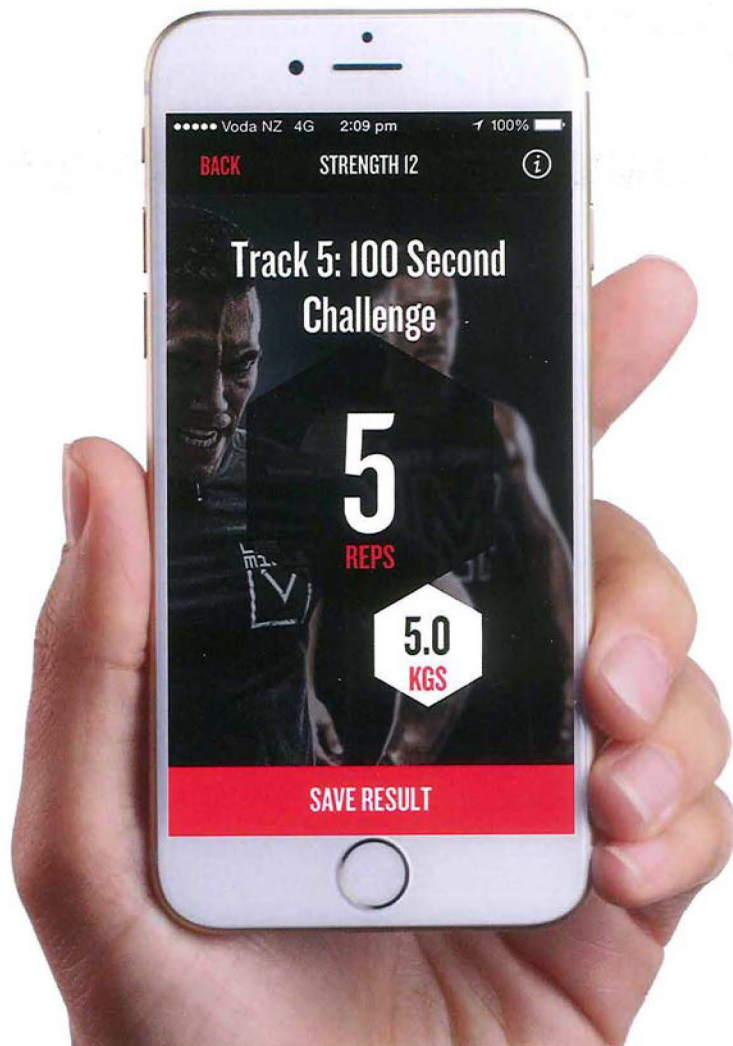
At this stage the app is only available in English.

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™ 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**

2 Push and Pause

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

Anything's Possible/Till It Hurts > 8.27 mins

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
1.14 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: Lateral Bench Jump
B: Static Sumo Squat with Forward Raise and Jump

ROUND 2

Group A	Group B
Exercise A	Exercise B
3.59 Exercise B	Exercise A
4.29 Exercise A	Exercise B
4.59 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**

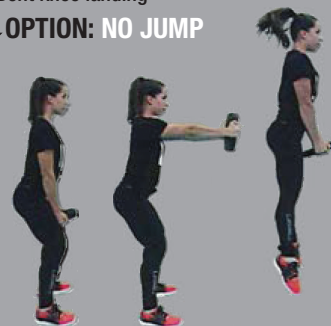
- One foot on bench, other on floor
- Drop into a Squat position
- Jump across the bench to opposite side
- **Bent knee landing back into Squat**
- Use arms to drive
- **Chest up – abs braced**

⇓ **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**



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SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

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