

LESMILLS
GRIT™

STRENGTH



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™ STRENGTH 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.

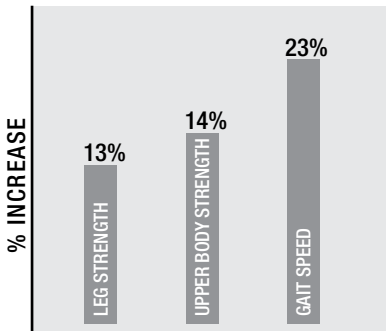
THE STUDY

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

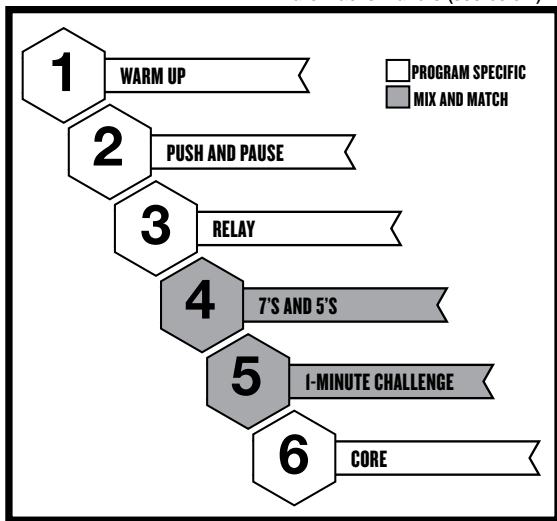
NUMBERING

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 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.



Download on the
App Store



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[@LMGRIT](https://www.instagram.com/LMGRIT)

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



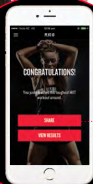
LEADERBOARDS
see how you stack up
compared to others
at your club, in your
city, your country or
globally



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 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?

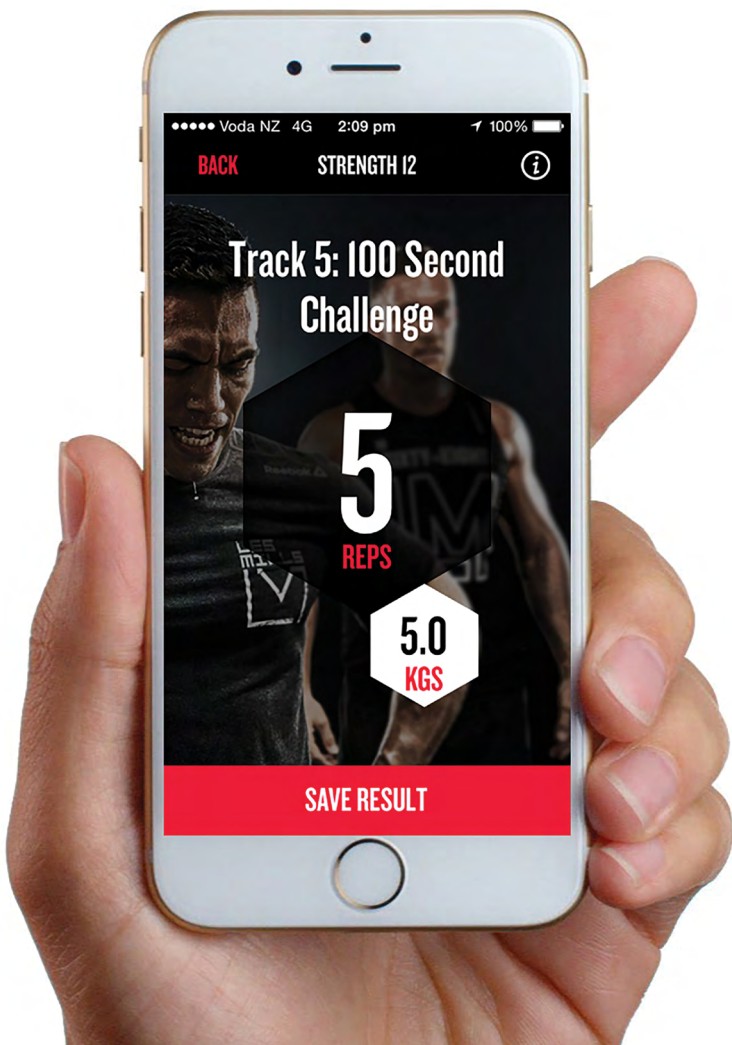
At this stage the app is only available in English.

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™ STRENGTH

1

Accelerated Warmup

SETUP

- A heavy plate – heavy bar

MUSIC	EXERCISE	REPS
0.00	Set up Weighted Squat	
0.11	Weighted Squat	2x
0.18	Squat Pause Press	7x
0.40	Set up Run On The Spot	
0.43	Run On The Spot	
1.08	Set up Squat Upright Row with Plate	
1.13	Squat Upright Row with Plate	7x
1.26	Pushup	7x
1.39	Squat Overhead Press	7x
1.51	Run On The Spot	
2.15	Set up Row	
2.23	Row	8x
2.35	Slow Clean & Press	2x
2.48	Clean & Press	4x

COACHING TIP

Set your team up for a successful workout by establishing the focus right from the start. This Strength workout focuses on range, which will drive intensity and build muscle pressure. That muscle pressure will change body shape and improve strength. Once your team knows how they're going to get the best results over the next 30 minutes, set them up with the equipment and space they need.

CONNECTION

Marcus was friendly and relaxed, which got his team into a great mindset to kick off the workout. Establishing a connection with your team in this track is vital so that when the harder and faster tracks hit, you can coach and drive them effectively and ensure they all experience a successful and challenging workout.

DRIVE

Make sure your team uses their Accelerated Warmup efficiently so their muscles are primed and ready to go for the movement patterns that will appear later in the class. Use this track to identify the various fitness levels in the room and reinforce options early so those who need them know how to keep working safely and effectively when they need to slow it down.

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.

WEIGHTED SQUAT

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

SQUAT PAUSE PRESS

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

RUN ON THE SPOT

- Chest up – abs braced
- Feet lift a little higher

SQUAT UPRIGHT ROW WITH PLATE

- Feet outside hip-width
- Sit butt back and down
- Knees out and tracking forward over toes
- Chest up – abs braced
- Butt drops just above knee-height
- Lift weight to lower chest
- Elbows out wide
- Keep plate close to body

PUSHUP

- Hands slightly wider than shoulders
 - Chest drops to elbow height
 - Abs braced
 - Chin tucked in
 - Back long, strong and straight
- ⇓ OPTION: ON KNEES**

1

Accelerated Warmup



SQUAT OVERHEAD PRESS

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

ROW

- Feet hip-width apart – knees slightly bent
- Hands just outside thighs
- Tip from the hip
- Chest up, abs braced
- Bar knees to belly
- Shoulder blades squeeze together

CLEAN & PRESS

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

2

Push and Pause

SETUP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up track and first exercise: Squat Press
	SET 1: Squat Press
0.44	Squat Press
1.14	Pause
1.19	Squat Press
1.29	Pause
1.35	Squat Press
1.45	Recover and set up exercise two: Wide Row/High Pull
	SET 2: Wide Row/High Pull
2.05	Wide Row/High Pull
2.35	Pause
2.39	Wide Row/High Pull
2.50	Pause
2.56	Wide Row/High Pull
3.06	Recovery
3.25	Repeat Set 1
4.25	Recovery
4.45	Repeat Set 2
5.46	Recovery
6.05	Repeat Set 1
7.05	Recovery
7.25	Repeat Set 2
8.26	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 and outline the equipment needed. Marcus did the entire first round of each exercise with his team. This meant they could look to him for the correct execution. In the first recovery, set up exercise 2 clearly – this is a new move so use your time wisely and outline target zones.

CONNECTION

Marcus was really encouraging of his team, making them feel confident and motivated to keep working despite the fatigue that was setting in. He used lines like “focus on muscle pressure in the legs – that’s what we’re chasing” and “you know you’re doing it right when you can start to feel that pressure”. Comments like these put a positive spin on the feeling of fatigue, helping his team mentally commit to the end.

DRIVE

In line with the focus of the workout, Marcus constantly referred to muscle pressure both from the front of the room and on the floor. The 2 short periods of work at the end of each set maximize the training effect by squeezing out the last drops of energy in the working muscles. Drive your team to hit these peaks with short, sharp cues such as “chase that pressure” and reinforce the strength and shape that the muscle pressure will deliver. Note how Marcus physically completes the workout with his team for most of the track. It’s incredibly important to drive your team not only verbally but physically too.

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.

SQUAT PRESS

- Feet outside hipwidth
- Chest up – abs braced
- Weight is high on the chest, in front of the collarbones
- Knees track forward
- Butt drops just above knee-height
- Elbows slightly forward press
- Abs braced as the bar moves overhead

WIDE ROW

- Hands outside the hip-width
- Tip from the hips, abs braced
- Keep chest lifted
- Take bar from knees to lower ribs
- Chin tucked

HIGH PULL

- Start in upright position
- Keep bar close to body
- Pull bar to lower chest
- Keep knees slightly bent
- Chest up – abs braced

3

Relay

SETUP

- A heavy bar

MUSIC EXERCISE

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

A: **Clean & Press**

B: **High Knee Run**

ROUND 1

	Group A	Group B
0.44	Exercise A	Exercise B
1.14	Exercise B	Exercise A
1.44	Exercise A	Exercise B
2.14	Exercise B	Exercise A

2.44 Recovery and set up Round 2 exercises:

A: **Power Lunge**, L + R

B: **Shuffle Pushup**, L + R

ROUND 2

	Group A	Group B
3.29	Exercise A	Exercise B
3.59	Exercise B	Exercise A
4.28	Exercise A	Exercise B
4.59	Exercise B	Exercise A

5.29 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 two exercises in each; supersets for two rounds of 30 seconds on each move. Demonstrate the first two moves your team needs to know quickly and clearly. Setup time is short so be concise and make sure everyone has the equipment they need close by to speed up transitions. In the recovery congratulate your team on their efforts first then set up the next two exercises.

CONNECTION

Whether someone is having a personal best workout or needs some extra help, it's your job to make sure everyone feels successful with their efforts. Find a tone of voice where you can drive those who are really 'going for it' but also give options to those who need them. When you're floor-coaching, stay with individuals long enough to develop their technique and keep coaching range first, then speed.

DRIVE

Make sure your team is quick on the move transitions so they don't waste any time changing exercises. In the filming footage, Andres was great at making his team accountable for every second of work, saying things like: "We've got time for one more". This track is anaerobic training and if you want the benefits of it, you're going to have to earn them by pushing hard for the entire 2 minutes in each block!

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.

CLEAN & PRESS

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

HIGH KNEE RUN

- Chest up – abs braced
- Lift knees up to hip-height
- Keep knees bent to absorb impact

↓↓ OPTIONS: MARCH OR JOG ON THE SPOT

POWER LUNGE

- Long stride with feet hip-width apart
- Drop down until front thigh is parallel to the floor
- Knee tracks out slightly in line with middle of foot
- Chest up – abs braced

↓↓ OPTION: BACKWARD-STEPPING LUNGE

SHUFFLE PUSHUP

- Start in a strong Plank position
- Walk the hands to the side
- Drop chest to elbow-height
- Abs braced
- Hips and shoulders square

↓↓ OPTION: ON KNEES

4

7's and 5's

SETUP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up first combination of exercises: Upright Row and Bentover Row
0.44	COMBINATION 1: 7's Upright Row x 7 Bentover Row x 7 Repeat as many rounds of the above combination as you can in 45 seconds.
1.30	Recover and set up second combination of exercises: Squat Burpee with Jump and Pushup
1.50	COMBINATION 2: 7's Squat Burpee with Jump x 7 Pushup x 7 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 Upright Row x 5 Bentover Row x 5 Repeat as many rounds of the above combination as you can in 45 seconds.
3.40	Recovery
4.00	COMBINATION 2: 5's Squat Burpee with Jump x 5 Pushup x 5 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 possible in 45 seconds. Demonstrate the first 2 moves with clear technique cues and get your team ready to go as soon as the countdown hits 1! In the recovery, set up the next 2 moves.

CONNECTION

In the filming footage, Andres spent a lot of time in the 7's round of each set of exercise making sure his team were moving with good technique. This means that when his team hit the 5's round, he could focus on driving them to push harder and move faster.

DRIVE

45-second blocks enable maximum muscle output in each phase. To ensure your team gets the most out of every working set, stay close to them so they don't even think about pulling back. Andres coached this track really well by working out next to participants saying "we've got time". This take on time reference, rather than counting them down, is really motivating and encourages them to squeeze in a few extra reps.

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.

UPRIGHT ROW

- Hands just outside hips
- **Bar to lower chest, keeping it close to the body**
- **Chest up, abs braced**
- Elbows are above bar throughout the movement

BENTOVER ROW

- Feet hip-width apart – knees slightly bent
- Hands just outside thighs
- **Tip forward from the hip – chest up, abs braced**
- Bar knees to belly
- Squeeze shoulder blades together

SQUAT BURPEE WITH JUMP

- Feet outside hip-width
 - **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 – bent knee landing
- ⇓ OPTION: STEP BACK, NO JUMP**

PUSHUP

- Hands slightly wider than shoulders
 - **Drop chest to elbow-height**
 - **Abs braced**
 - Chin tucked in
 - **Back long, strong and straight**
- ⇓ OPTION: ON KNEES**

5

1-Minute Challenge

SETUP

- A heavy plate

MUSIC

EXERCISE

0.00

Setup exercises:

– Squat

– Squat Jump with Plate Press

Ladder up as high as you can in 60 seconds, adding an extra Squat Jump with Plate Press each time.

0.44

1-MINUTE CHALLENGE

1.44

Recovery

COACHING TIP

In the filming footage, Nat got her team to breathe first, then set them up for their final minute of training. Demonstrate the moves and explain how the challenge works. Do the first few reps with your team so they are 100% clear on how to add on the reps.

CONNECTION

Use your introduction to this track to refocus your team on their final peak of the workout. Control your tone of voice and cut your coaching right down. Short, encouraging cues are what will matter the most. Let your team know you believe in them and that if they can hang on a little longer – it will all be worth it.

DRIVE

When there's only 60 seconds on the clock how are you going to use it? This last block is the key to achieving EPOC or the after-burn effect exclusive to High Intensity Interval Training. Nat summed this up nicely by saying: "This is where you start to consolidate the rest of the training you did today". Telling your team how to move fast in this track is not enough, you need to show them and sweat it out with everyone to the end!

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.

PLATE SQUAT

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

SQUAT JUMP WITH PLATE PRESS

- Plate in front of collarbones – elbows under plate
- Feet outside hip-width
- Chest up – abs braced
- Bent knee landing
- Abs braced as you press the plate up

↓↓ **OPTION: NO PLATE**

6

Core

SETUP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Plate Crunch with Legs Extended	
0.25	Plate Crunch with Legs Extended Slow	8x
0.54	Plate Crunch with Legs Extended Fast	6x
1.05	Set up Single Leg Hover Climber	
1.09	Single Leg Hover Climber (Right)	8x
1.24	Single Leg Hover Climber (Left)	8x
1.39	Recovery	
1.54	Plate Crunch with Legs Extended Slow	6x
2.17	Plate Crunch with Legs Extended Fast	14x
2.46	Single Leg Hover Climber (Right)	8x
3.01	Single Leg Hover Climber (Left)	8x

COACHING TIP

3 minutes of Core training and it's game over. Demonstrate the first move and outline the equipment needed. Options will be vital in this track, as fatigue levels will be high and technique may be failing.

CONNECTION

In the filming footage, Nat kept the mood light with a nice calm and controlled tone of voice. Simplify your coaching; your team will be too exhausted to take on board unnecessary information at this point of the workout.

DRIVE

Encourage your team into the final seconds of work by reminding them that a strong core is the foundation for a strong body. They've worked too hard in the previous tracks to sell themselves short now, so don't let them drop out of the work when it matters most.

HIIT SCIENCE

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

PLATE CRUNCH WITH LEGS EXTENDED

- Extend legs to 45 degrees
- **Slide the ribs to hips**
- Push plate straight up

↓↓ OPTIONS: NO PLATE OR BEND AT THE KNEES

SINGLE LEG HOVER CLIMBER

- Elbows under shoulders
- Back long and straight
- Abs braced
- Bring knee up toward same elbow
- Use abs to keep hips level

↓↓ OPTION: ON KNEES

NOTES

NOTES

	TRACK	ARTIST	
1	King Kong Beaver © 2014 Warp Records. Written by: Mohawke	Hudson Mohawke	3:05
2	I Want U © 2014 Les Mills Music Licensing Ltd. Written by: Swanson, Sholler	Laughing Diecast	1:45
	Video Wars © 2014 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Aero	1:20
	I Want U © 2014 Les Mills Music Licensing Ltd. Written by: Swanson, Sholler	Laughing Diecast	1:20
	Video Wars © 2014 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Aero	1:20
	I Want U © 2014 Les Mills Music Licensing Ltd. Written by: Swanson, Sholler	Laughing Diecast	1:20
	Video Wars © 2014 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Aero	1:25
3	Take U There © 2014 Les Mills Music Licensing Ltd. Written by: Ellestad, Peritz, Moore, Walter, Gottwald	The Quatro Siren	1:15
	Claymore © 2012 Hardwell Productions BV, under exclusive license to Central Station Records. www.centralstation.com.au. Written by: van Oostveen, Hatusupy	Jordy Dazz	0:30
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	Claymore © 2012 Hardwell Productions BV, under exclusive license to Central Station Records. www.centralstation.com.au. Written by: van Oostveen, Hatusupy	Jordy Dazz	0:32
4	Ground Shake © 2014 Mad Decent. Written by: Mahabali, McAlpin	Wiwex (feat. Stush)	1:30
	Holdin' On (Hermitude Remix) © 2013 Future Classic. Written by: Strelten, Redding	Flume	1:05
	Ground Shake © 2014 Mad Decent. Written by: Mahabali, McAlpin	Wiwex (feat. Stush)	1:05
	Holdin' On (Hermitude Remix) © 2013 Future Classic. Written by: Strelten, Redding	Flume	1:07
5	The Pressure Drop © 2014 Les Mills Music Licensing Ltd. Written by: Leys, Langeveld, van de Geer	Fiat500	1:50
6	Gold Skies © 2014 Les Mills Music Licensing Ltd. Written by: C. Van Den Hoef, A. Van Den Hoef, Ketelaars, Stamkos, Calabretta	Solid Fever	3:21
OUTRO	U R My Pulse © 2014 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	TP Tech	1:33

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

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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.

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