

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

King Kong Beaver > 3.05 mins

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**

**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

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

Take U There/Claymore > 5.32 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. 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**

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

Ground Shake/Holdin' On > 4.47 mins

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

The Pressure Drop > 1.50 mins

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**

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

Gold Skies > 3.21 mins

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**

	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, Pentz, Moore, Walter, Gottwald	The Quatro Siren	1:15
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	Take U There © 2014 Les Mills Music Licensing Ltd. Written by: Ellestad, Pentz, Moore, Walter, Gottwald	The Quatro Siren	0:30
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	Take U There © 2014 Les Mills Music Licensing Ltd. Written by: Ellestad, Pentz, 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
	Take U There © 2014 Les Mills Music Licensing Ltd. Written by: Ellestad, Pentz, Moore, Walter, Gottwald	The Quatro Siren	0:30
	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	Wiwiek (feat. Stush)	1:30
	Holdin' On (Hermitude Remix) © 2013 Future Classic. Written by: Streten, Redding	Flume	1:05
	Ground Shake © 2014 Mad Decent. Written by: Mahabali, McAlpin	Wiwiek (feat. Stush)	1:05
	Holdin' On (Hermitude Remix) © 2013 Future Classic. Written by: Streten, 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