

LES MILLS
GRIT

CARDIO



RELEASE

14

FEATURES:

PERFORMANCE

5 INSTANT BENEFITS OF EXERCISE

BODYBALANCE/BODYFLOW: BENEFITS FOR
OLDER POPULATIONS

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 CARDIO 14

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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. SET UP

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.

PERFORMANCE

Fitness Magic has a brand new look!

We have redefined it and identified the tools that will help you create it in your classes. Fitness Magic has been renamed **PERFORMANCE**.

Our job as instructors demands that we step into a role in every class we teach – like being an actor, getting into character. It's a role that enables us to lead and motivate our classes, every time.

So what exactly creates a great Performance?

1. THE MUSIC

Everything starts with the music – from the choreography, to the way that you use your voice, to your actions, and even the way you create your presence on stage. Think of yourself as team-teaching **WITH** the music; imagine it as another instructor on stage – allow it to be heard!

2. YOUR ACTIONS

What you physically do on stage – your actions – also contribute to the Performance. These actions are driven by the emotion of the music. Your posture, the way that you move your body and the expression on your face will all add to the Performance. Sometimes the intensity of the workout will dictate that you have that 'training hard' look on your face, and at other times you can lighten up – and smile.

However, most of the time, you'll be showing how much you enjoy the experience. This class is the best part of your day, so show it!

3. YOUR VOICE

In all programs we have two voices: the conversational and the motivational, with the exception of **BODYBALANCE/BODYFLOW** – where we only use the Conversational.

So how do you know which voice to use?

The conversational voice is mostly used in the verses and the Instrumentals; and the motivational voice is used in the pre-chorus and chorus. Our motivational voice can be building, big, intense... or sometimes we just use silence.

Just like our actions, we match our voice to the music and work **WITH** the music – not against it.

4. THE ULTIMATE YOU

There are two elements that we use to create The Ultimate You. These are: your persona – or the character you need to step into when you teach – and your state of mind. The key to finding your persona is to answer The Ultimate You questionnaire on the next page (tbc depending on layout).

Who do you dream of being when you teach?

As you work through the questionnaire, think about the qualities and attributes of this instructor. The questions will help you discover the individual elements that will enable you to step into this character. Remember – your Ultimate You will be slightly different for each program as they each have their own unique essence. Like any performing artist, the best instructors in the world re-invent themselves on a regular basis. A big part of this is continually re-evaluating your Ultimate You.

The persona you take on when you teach is the biggest and best version of you – it's the Ultimate You. However, it's not about being fake or pretending to be somebody else – it's about finding your own identity to match the program essence.

The last part of developing your Ultimate You is your state of mind – getting into the zone before class. It's when you're prepared, you know your choreography, you know your coaching outcomes, and you're focused.

WHEN YOU LEARN THIS RELEASE, USE THESE 4 TOOLS:

- Put your music on and listen to it carefully. What emotions do you experience? What is the feel of each track?
- Perform the choreography in front of the mirror, with the music on. Watch your facial expressions and how you're using your body; are you reflecting the feel of each track? Remember – it's OK to enjoy yourself, and show it!
- Practise your coaching **OUT LOUD**. What's your vocal tone like? Your speed? Does your voice match your actions and the music?
- Complete the Ultimate You questionnaire

Remember – it's these 4 tools that will create a true Performance; and this is what will keep your members coming back, week after week!



THE ULTIMATE YOU

Who do you dream of being when you teach? This questionnaire will help you connect with your inner rock star or your ULTIMATE YOU. So check out the short Education session on the release, answer these questions and begin your journey...

To watch the Ultimate You video, please go to <https://vimeo.com/130062716> and type in the password 'ultimateyou'

IF YOU ARE 'THE ULTIMATE YOU'... BEFORE YOU CAME INTO THE ROOM...

WHAT WERE YOU DOING?

.....

WHAT DID YOU EAT FOR BREAKFAST?

.....

WHAT KIND OF CAR DO YOU DRIVE?

.....

WHAT IS YOUR FAVORITE MUSIC?

.....

WHO DID YOU SPEAK TO AND WHAT DID YOU SAY?

.....

DESCRIBE YOUR WALK AND YOUR POSTURE.

.....

WHAT IS YOUR PREDOMINANT FACIAL EXPRESSION?

.....

WHAT ARE YOUR 'CHARACTER' GIVENS (eg fit, strong, confident, silly, ...)?

.....

DESCRIBE THE LOCATION WHERE YOU TEACH.

.....

PHYSICAL ENVIROMENT: WHAT DOES THE ROOM LOOK LIKE?

WHAT DOES THE ROOM TELL YOU ABOUT YOUR CHARACTER?

WHAT IS THE EMOTIONAL ENVIROMENT IN THE ROOM?

HOW DO YOU FEEL WHEN YOU ARE IN THE ROOM?

HOW DO PEOPLE GREET YOU?

DESCRIBE THE EMOTIONAL RELATIONSHIP BETWEEN YOU AND THE OTHER PEOPLE IN THE ROOM.

WHAT DO YOU FEEL ABOUT THE OTHER PEOPLE IN THE ROOM?

OVERALL, WHAT ARE YOU TRYING TO GET FROM THE OTHER PEOPLE?

DESCRIBE 'THE ULTIMATE YOU'.

Once you have finished playing, enhancing and expressing,
Think about this...

What are the conflicts holding you back from becoming **THE ULTIMATE YOU?**
What is stopping you?

Write a letter to your **'REAL SELF'** from your **'ULTIMATE SELF'**.

And remember, sharing this exercise with someone else will greatly enhance the experience.

5 INSTANT BENEFITS OF EXERCISE

SMARTSTART

What if you heard that there was a new drug available and as soon as you started taking it you'd be less anxious, you'd have more self-confidence, you'd have better control over what you ate, you'd be able to relax more and you would even be more productive.

So what is this amazing new drug?

Quite simply, it's exercise.

You probably exercise at least 5 or 6 times a week – it's a priority in your life and it can be hard to imagine what it's like to be someone who doesn't train on a regular basis. However – lots of people don't work out and DO need motivation. When we look at the statistics, 93% of Americans don't meet the fitness guidelines and we all have friends and family who struggle to form the exercise habit.

The following 5 benefits of exercise occur **as soon as people start training.** Focusing on these benefits at the start of their fitness journey can help them to cement their exercise habit.

1 - EXERCISE REDUCES STRESS AND ALLEVIATES ANXIETY

Exercise releases endorphins, which create feelings of happiness and euphoria, and studies have shown that exercise can even alleviate symptoms in people who are clinically depressed.

2 - EXERCISE IMPROVES SELF-CONFIDENCE

We know that as soon as people start exercising, they feel better about themselves. Regardless of weight, size, gender or age, exercise immediately increases our self-esteem and gives us a more positive self-image.

3 - EXERCISE HELPS TO CONTROL FOOD ADDICTION

Physical activity prompts our bodies to release dopamine, the 'reward chemical' associated with pleasure – meaning we are less likely to crave sugary foods.

4 - EXERCISE INCREASES OUR ABILITY TO RELAX

For some people, a moderate workout can provide the same effect as a sleeping pill – even for those with insomnia.

And finally...

5 - EXERCISE HELPS US GET MORE DONE

Research shows that employees who undertake regular exercise are more productive and have more energy than those who sit at their desks all day long.

So what does this mean for you as an instructor? We know that helping people to stay motivated as they begin to exercise is a challenge. Most people will be focused on the aesthetic benefits, and can become demoralized when they don't see changes straightaway. So when you talk to that new person in class, you can mention these instant benefits of exercise to help them stay on track. Remember to use the **SMARTSTART** template and give new people permission to leave after the first few tracks – because even 20 minutes of moderate exercise can provide us with long-term health gains and provide these 5 immediate benefits.

www.lesmills.com/knowledge/smart-start/

BODYBALANCE/BODYFLOW: BENEFITS FOR OLDER POPULATIONS

It's well known that when we get into our 40s and 50s our ability to balance and to perform functional tasks begins to deteriorate. Les Mills BODYBALANCE/BODYFLOW contains a mix of moves that can address these changes. However, until now, we had no scientific evidence to prove how effective they are.

THE TEST

The University of the Sunshine Coast in Australia decided to put BODYBALANCE/BODYFLOW to the test. They recruited 28 participants, aged 55 to 75, and split them into two groups: one that was a control; and the other that would attend two BODYBALANCE/BODYFLOW classes per week for a total of 12 weeks. Everyone involved was physically active, but had not undertaken resistance or balance training within the last 6 months.

Measurements were taken at the start and end of the trial. These tests measured their ability to balance and to perform functional tasks such as moving from sitting to standing, and their walking speed.

BODYBALANCE/BODYFLOW IMPROVES FUNCTIONAL ABILITY

When compared to the control group, the BODYBALANCE/BODYFLOW participants saw greater improvements in both their balance and functional tests. Functional ability is very important; it requires the integration of lower-limb strength, balance, and sensorimotor and psychological factors.

Performance in these tests can be used as an indicator of vitality and of our risk of experiencing falls, so any improvements in these are of benefit to older adults – even if they are healthy and mobile.

So there you have it: the proof that BODYBALANCE/BODYFLOW not only helps us to balance but also improves our functional performance as we progress into older age.

TRAINING PROFILE

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuromuscular Pre-conditioning	Program Specific
2	1:2:1	Integrated Super Sets	Program Specific
3	30 x 30 Challenge	Anaerobic Speed Training	Mix and Match
4	Dropsets	Descending Super Sets	Program Specific
5	Tabata	Speed Interval Training	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.

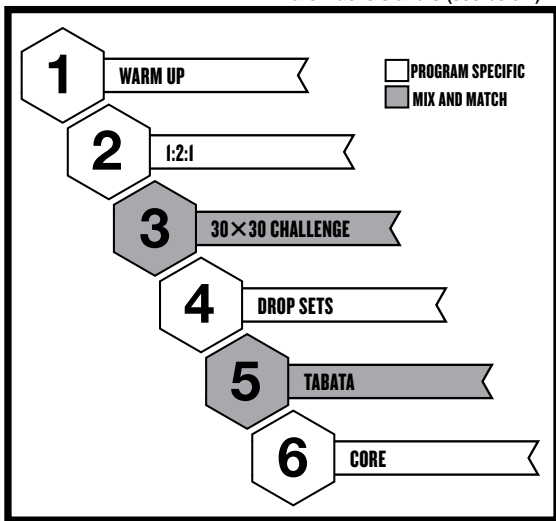
NUMBERING

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 14, LES MILLS GRIT Plyo 14, and LES MILLS GRIT Cardio 14), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 3 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, 4 and 6 from Strength and Track 3 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 3 and 5, and mix it with the exercises from Tracks 3 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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LES JNR

LES MILLS GRIT APP

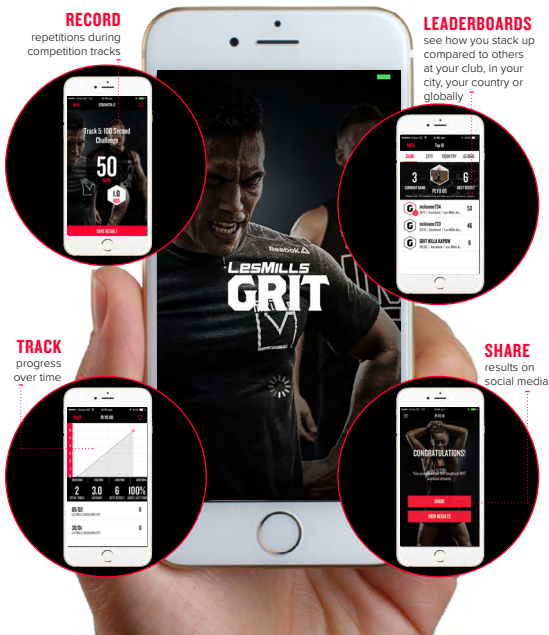
IT'S HERE...

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 3: 30X30 Challenge – Exercise 2.

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
14	Track 3: 30X30 Challenge – Exercise 2

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.

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?

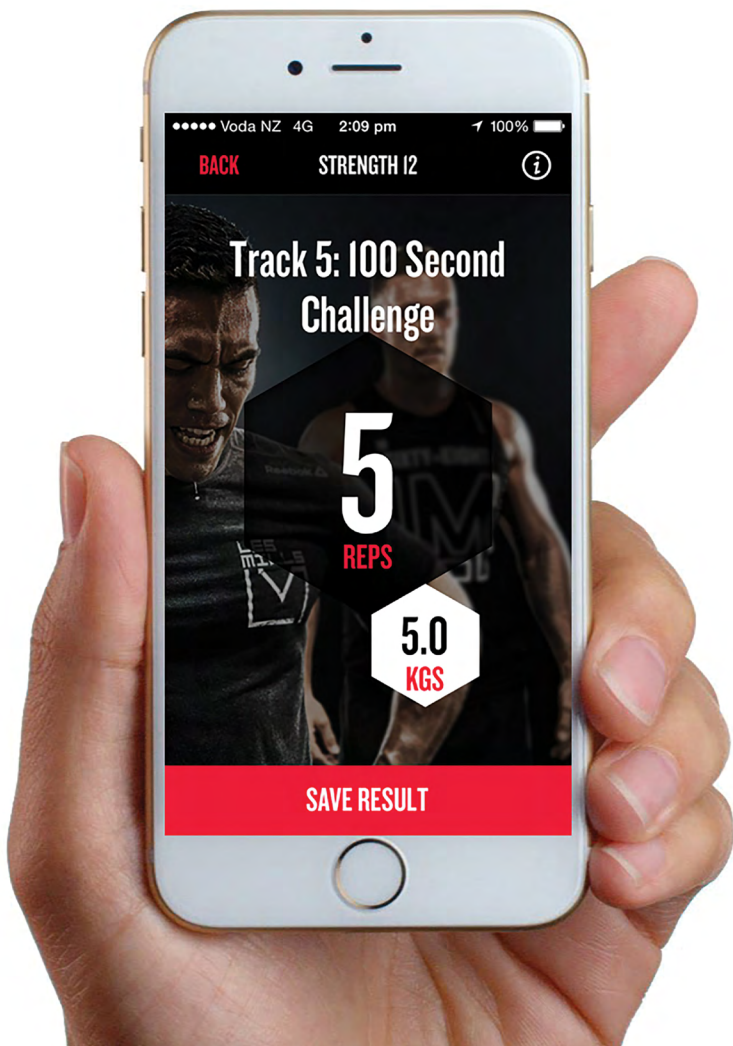
At this stage the app is only available in English.

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 GRIT@lesmills.com



LES MILLS GRIT CARDIO

1

Accelerated Warm Up

MUSIC	EXERCISE	REPS
0.00	Light Jog OTS	
0.22	Run OTS	
0.44	Lateral Leap (L + R)	8x
0.56	Squat (x2) Jump (x2)	4x
1.19	Fast Feet, Jump (x2)	4x
1.42	Scissor Lunge Jump (L + R)	4x
1.53	Squat Burpee slow	4x
2.16	Squat Burpee	8x
2.40	Push Up	8x

COACHING TIP

This workout uses speed training to hit short bursts of high intensity. Speed training accesses the maximum amount of muscle fibres during the workout. Energy reserves are burning during and after the session, resulting in changes in body composition.

CONNECTION

Erin sets a friendly and fun tone at the start of the workout. She gets her team into a great zone to take on the tracks to come!

DRIVE

Use this track to talk to your team about what they can expect in the workout ahead. Highlight the importance of options and how your team can use them successfully over the next 30 minutes to get the most out of their workout!

HIIT SCIENCE

This Accelerated Warm Up prepares the body for what lies ahead and gets your team into a training zone for track 2.

RUN OTS

- Chest up – abs braced
- Lift knees to hip-height
- Drive with arms

⇓ **OPTIONS: JOG OOR MARCH**

LATERAL LEAP

- Push off one foot, transfer weight from one foot to the other
- Shift weight from side to side
- Knees bent on take off and landing
- Chest up – abs braced
- Hips square
- Repeat on other side

SQUAT

- Feet outside hip-width
- Toes turned out slightly
- Chest up – abs braced
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Weight in heels

JUMP

- Bend knees and drive through balls of feet to push away from floor
 - Brace abs
 - Bent knee landing
- ⇓ **OPTION: SQUAT**

FAST FEET

- Sit low in the legs
- Feet under hips
- Chest up – abs braced
- Small fast movements with the feet

SCISSOR LUNGE JUMP

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Front knee out, back knee towards floor
- Front thigh drops parallel to floor
- Chest up – abs braced
- Use Lunge to absorb landing
- Jump feet back in to under hips
- Repeat on other side

⇓ **OPTION: BACKWARD STEPPING LUNGE**



SQUAT BURPEE

- Feet wide
 - Butt down and back – just above knees
 - Chest up – abs braced
 - Arms forward, directly out from shoulders
 - Abs braced as feet jump back
 - Hands under shoulders
 - Back long, strong and straight
- ↓↓ **OPTION: STEP FEET BACK INTO PLANK**

PUSH UP

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

MUSIC	EXERCISE
0.00	Set up track and first exercise: Fast Knees OTS (x8), Air Jack (x2)
	SET 1
0.25	Fast Knees OTS (x8), Air Jack (x2)
0.54	Lateral Plank Walk (x4), Jack Pushup (x2)
1.27	Fast Knees OTS (x8), Air Jack (x2)
1.55	Recover and set up first move of the next combination: Long Jump Forward, Shuffle Back, Block Jump
	SET 2
2.21	Long Jump Forward, Shuffle Back, Block Jump
2.50	Crab Crawl Forward (x4) and Back (x4)
3.20	Long Jump Forward, Shuffle Back, Block Jump
3.50	Recovery and set up first move of the final combination: Lateral Shuffle with Hands Overhead, Block Jump
	SET 3
4.15	Lateral Shuffle with Hands Overhead, Block Jump
4.45	Lateral Bear Crawl (x4), Mountain Climber (x4)
5.16	Lateral Shuffle with Hands Overhead, Block Jump
5.45	Recovery
6.09	Repeat SET 1
7.39	Recovery
8.06	Repeat SET 2
9.35	Recovery
10.00	Repeat SET 3
11.30	Recovery

COACHING TIP

We call this Track 1:2:1 and it's all about integrated super sets. 2 big rounds, 3 sets in each. In each set there are 90 seconds of work broken up by 30 seconds on exercise 1, 30 seconds on exercise 2, and then back to a final 30 seconds on exercise 1. Clearly demonstrate and outline compulsory technique cues for the first exercise so your team are ready to go as soon as the countdown hits!

CONNECTION

In the recoveries first acknowledge the effort that has gone into the previous set of work then get straight into demonstrating the next move and hyping up your team for the work to come! Keeping the energy high in the room is essential for workouts like LES MILLS GRIT Cardio. When you're floor coaching, connect with individuals by spending time with them developing their technique. Then when you're up the front show them what real speed looks like! You should always be giving your team something to aspire to.

DRIVE

This type of training conditions the whole body and forces it to burn loads of fat for energy. Driving your team in each block will deliver the result they're after.

HIIT SCIENCE

Integrated super sets flip the muscle focus during the block so that everyone can keep operating with maximum output for the full 90 seconds. This is the perfect duration to push into the maximum training zone and shift up fitness levels fast!

FAST KNEES OTS

- Chest up – abs braced
- Lift knees up to hip-height
- Drive with arms

⇓ **OPTION: JOG OTS**

AIR JACK

- Start with feet hip-width apart in narrow Squat
- Elbows to mid-thigh
- Jump and raise arms up and kick legs out to the side
- Chest up – abs braced
- Land back down with arms and feet by side
- Bent knee landing

⇓ **OPTION: JUMPING JACK**

LATERAL PLANK WALK, JACK PUSH UP

- Hands under shoulders
- Abs braced – hips and shoulders square
- 4 steps in one direction (hands and feet)
- Chest drops to elbow height in Push Up
- Feet Jack out as chest drops down
- Repeat in other direction

⇓ **OPTION: ON KNEES**

LONG JUMP FORWARD/SHUFFLE BACK/BLOCK JUMP

- Feet wide
- Drive hips through
- Use Squat to absorb landing
- Sit low in legs and Shuffle the feet fast in backwards direction
- Drive away from floor into Block Jump
- Arms overhead

⇓ **OPTION: LONG STEP FORWARD IN PLACE OF JUMP, SQUAT IN PLACE OF BLOCK JUMP**

CRAB CRAWL FORWARD AND BACK

- Hands under shoulders, lead with feet
- 4 steps forward, 4 steps backward
- Keep hips off floor
- Shoulders back
- Chest lifted



LATERAL SHUFFLE WITH HANDS OVERHEAD BLOCK JUMP

- Feet outside hips
- Stay low in legs, move feet fast in lateral direction
- **Hands overhead - chest up**
- Drive away from floor, arms overhead
- **Bent knee landing**
- Repeat in other direction

⇓ OPTION: SQUAT INSTEAD OF BLOCK JUMP. HANDS DOWN ON LATERAL SHUFFLE

LATERAL BEAR CRAWL/MOUNTAIN CLIMBER

- Hands under shoulders
- Knees under hips and just off floor
- **Back long, strong and straight**
- **Keep the shoulders and hips level and move sideways**
- **Abs braced**
- 4 steps sideways (hands and feet)
- Bring knees to chest in Mountain Climber (count 4 knees)
- Keep hips down and knee close to floor as it comes forward
- Repeat in other direction

⇓ OPTION: MOUNTAIN CLIMBER ON KNEES

3

30 x 30 Challenge (Competition Track)

MUSIC	EXERCISE
-------	----------

0.00	Set up track and demo the two exercises
------	---

0.49	Skater
------	--------

1.19	Squat Burpee with Push Up and Wide Tuck Jump
------	--

1.49	Recovery
------	----------

COACHING TIP

30x30 Challenge. This track is all about speed! The purpose of the Skater set is to pre-fatigue. Then the Burpee Tuck Jump is about maximum effort and as many reps as possible! With only 1 minute of work, your team will be racing their heart rates to the countdown.

CONNECTION

Pitch this track to your team as a fun challenge! 60 seconds that will really test them – are they up for it?! Connect with your team by encouraging them and motivating them to want to move faster and hold on until the recovery.

DRIVE

Remind your team that this workout will deliver increased gains in fitness and amazing changes in body composition. Let your team know what they have to gain from working hard for the full 60 seconds.

HIIT SCIENCE

Pushing as hard as possible for 1 minute will deliver the physical changes to your body that are specific to HIIT – rapid changes in fitness and body composition

SKATER

- Push off one foot, transfer weight to the other
- **Knee out with bent knee landing**
- Shift weight to side
- **Knees bent on take off and landing**
- **Chest up – abs braced**
- Hips back and down
- Repeat on other side

SQUAT BURPEE WITH PUSH UP AND WIDE TUCK JUMP

- **Feet wide**
- Use your squat to transition
- **Chest up**
- **Abs braced and jump the feet back**
- **Drop chest to elbow height in the push up**
- Jump feet in wide
- **Use Squat to absorb the landing from the Tuck**

4

Drop Sets

MUSIC	EXERCISE
0.00	Set up first combination of exercises: Squat Jump, Squat/Squat Jump, Bottom Half Squat
0.26	SET 1
	Squat Jump
0.45	Squat (x1), Squat Jump (x1)
1.06	Bottom Half Squat
1.25	Recover and set up second combination of exercises: Lateral Fast Knees with Block Jump and Tuck Jump, Lateral Fast Knees with Block Jump, Lateral Fast Knees
1.50	SET 2
	Lateral Fast Knees (x8) with Block Jump (x1) and Tuck Jump
2.10	Lateral Fast Knees (x8) with Block Jump (x1)
2.31	Lateral Fast Knees (x8)
2.49	Recovery
3.14	REPEAT SET 1
4.13	Recovery
4.39	REPEAT SET 2
5.37	Recovery

COACHING TIP

Drop Sets are the best type of training to tone and develop athletic muscles. This track comes hard and heavy with 2 rounds and 2 sets in each. Each set is made up of 3 exercises that are performed for 20 seconds. Know exactly when the move transitions are coming so your team doesn't miss a beat of work.

CONNECTION

Spend quality time on the floor working your team to their max, pushing them for extra height in the Jumps and to drop a little deeper in the Bottom Half Squats. Coach your team through the burn, selling them on the benefits of training this way. Remind them that they're getting stronger and fitter with every repetition.

DRIVE

Your team will be really feeling it in this track so lift your energy and keep them with you, driving them to each recovery. Don't forget to remind your team of their options so they can stay in the work even if they need to drop down a level of intensity.

HIIT SCIENCE

Drop Sets make it possible to maintain our maximum intensity and speed for the full block. Just as you start to slow down, the exercise becomes slightly easier so that you can maintain your speed and muscle output. This is the best way to tone and develop athletic muscle.

SQUAT JUMP

- Feet outside hip-width
 - Knees out – tracking forward over toes
 - Chest up – abs braced
 - Bent knee landing
- ↓↓ **OPTION: NO JUMP**

SQUAT/SQUAT JUMP

- Feet outside hip-width
 - Drop butt back and down to knee-height
 - Knees track forward over toes
 - Reset and perform Squat Jump
 - Bent knee landing
- ↓↓ **OPTION: NO JUMP**

BOTTOM HALF SQUAT

- Squat position
- Hold low doing fast pulses
- Butt just above knee-height
- Chest up – abs braced

LATERAL FAST KNEES WITH BLOCK JUMP AND TUCK JUMP

- Fast Knee run in lateral direction
- Chest up – abs braced
- Fast feet (x8)
- Drive away from floor in Block Jump
- Arms overhead
- Land with bent knees and explode into Tuck Jump
- Abs braced to drive knees high
- Repeat in other direction

↓↓ **OPTION: SQUAT INSTEAD OF JUMPS**

MUSIC	EXERCISE
0.00	Set up track and exercises:Side Climber - 90 Degree Snowboarder
0.44	Side Climber
1.04	Recovery
1.14	90 Degree Snowboarder
1.34	Recovery
1.44	Side Climber
2.04	Recovery
2.14	90 Degree Snowboarder
2.34	Recovery
2.44	Side Climber
3.04	Recovery
3.14	90 Degree Snowboarder
3.34	Recovery

COACHING TIP

There's no time to slow down in this track! Tabata Training: 2 exercises completed 3 times with a 20/10 work/rest ratio. Clearly demonstrate the two exercises and get your team set up and ready to go as soon as the timer starts!

CONNECTION

Reagan coaches this track really well, keeping the whole room engaged. Be physical with your floor coaching, get into the work next to your team and push them to keep giving their all.

DRIVE

Each short spike of intensity is creating a fitter body. Sell this benefit to them as Reagan does: "Push yourself now, lift your fitness levels tomorrow."

HIIT SCIENCE

Tabata sets have been proven to deliver the most effective intervals to shift fitness and change body shape. Each short block allows for a maximum training output by pushing into an anaerobic training zone.

SIDE CLIMBER

- Plank Position – hands just outside shoulder-width
- **Back long, strong and straight**
- **Abs braced**
- Jump both feet out to side – aim to get them outside the elbow
- **Knees jump forward to 90 degrees**
- Hips down with slight hip-twist
- Jump feet back to Plank
- Repeat on other side

⇓ **OPTION: ALTERNATE KNEE TO ELBOW**

90 DEGREE SNOWBOARDER

- **Feet stay wide – chest up**
- Trunk square
- **Brace core during jump and change**
- Stay low and move fast

⇓ **OPTION: STEP TO CHANGE DIRECTION RATHER THAN JUMP**

6

Core

MUSIC	EXERCISE	REPS
0.00	Setup Grasshopper	
0.33	Grasshopper Slow (L + R) slow	2x
0.52	Grasshopper (L + R)	4x
1.12	Setup Rotating Triple Pulse Crunch	
1.21	Rotating Triple Pulse Crunch (L + R)	5x
2.09	Grasshopper (Foot Elevated) (L + R)	10x

COACHING TIP

There are two new moves in this Core track so take the time to set them up properly. Give clear cues so your team maximize every second of work in the final part of their workout.

CONNECTION

Your coaching in this track should be at a low volume as you try to slow everything down. Your team will still be recovering from the previous track! Talk to them smoothly, offer one on one coaching on the floor and don't be afraid to hit some of this killer core work yourself.

DRIVE

Reagan doesn't let his team even think about tapping out of the work until the music cuts. Commitment is a choice and true athletes stick with it until the work is done.

HIIT

This core track has an oblique training focus. Improving the strength in the obliques allows everyone to drive harder in speed training.

GRASSHOPPER

- Start in Plank position
- Bring knee into chest
- Twist through the hips to kick leg out across to the side under body
- Return to Plank
- Repeat on other side

• **Abs braced to support the mid section**

⇓ **OPTION: ON KNEES, ALTERNATE KNEE TO OPPOSITE ELBOW**



ROTATING TRIPLE PULSE CRUNCH

- Start on one side
- Extend legs to 45 degrees – **abs braced**
- Lift upper back off floor
- **Slide ribs to hips** pulsing fingers to toes
- After 3 Pulses, roll to shift weight to other side

⇓ **OPTION: BEND AT THE KNEES, TOES ON THE FLOOR**



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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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