

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

Unfinished Business > 2.54 mins

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**

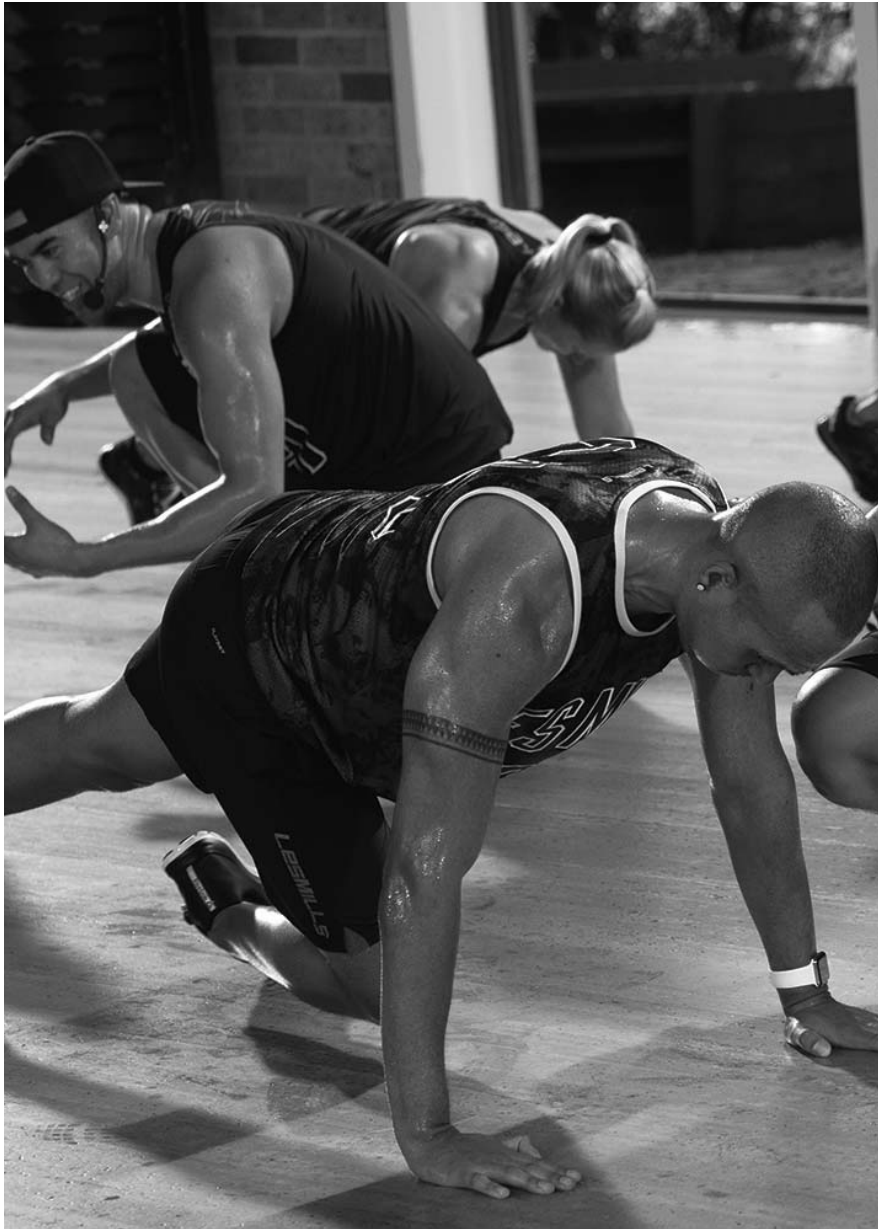
LONG JUMP FORWARD/SHUFFLE BACK/BLOCK JUMP

- 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

Turn Up The Speakers > 1.52 mins

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

6th Gear/Pull Up > 6.07 mins

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**

5 Tabata

My Time > 3.47 mins

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

Busy Earnin' > 3.02 mins

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**



	TRACK	ARTIST	
1	Unfinished Business © 2014 Aesop. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Tadjky	TALA	2:54
2	Billboard (Lido Remix) © 2012 LuckyMe. Written by: S-Type	S-Type	1:55
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3	Turn Up The Speakers © 2014 SpinninRecords, under exclusive license to Hussy Recordings, a division of Ministry of Sound Australia. Licensed from Wall Recordings/Van De Wall International Ltd. Licensed courtesy of Ministry of Sound Australia. Written by: van de Wall, Garrix	Afrojack & Martin Garrix	1:52
4	6th Gear © 2015 Les Mills Music Licensing Ltd. Written by: Pentz, Helderman, Williams	Kiwi Goblin	1:50
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