

LESMILLS
GRIT

PLYO



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 PLYO 14

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The Fine Print

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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 Plyometric Training	Mix and Match
4	Dropsets	Descending Super Sets	Program Specific
5	Tabata	Plyometric 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.

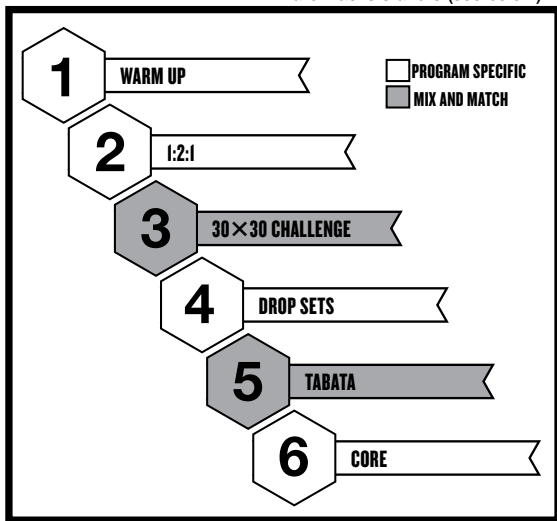
NUMBERING

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

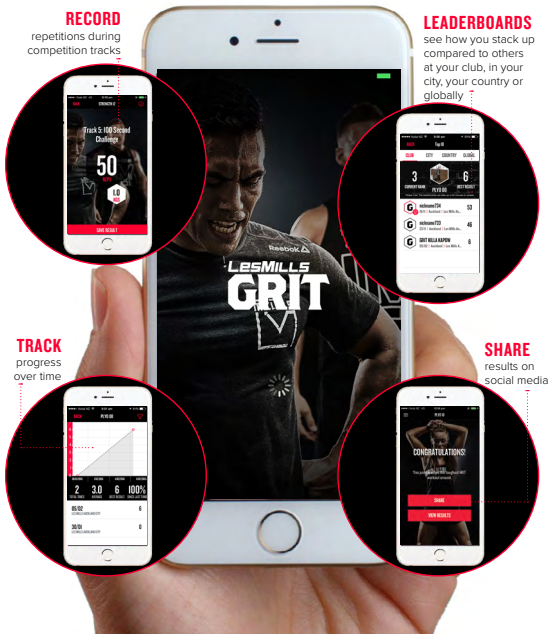
IT'S HERE...

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?

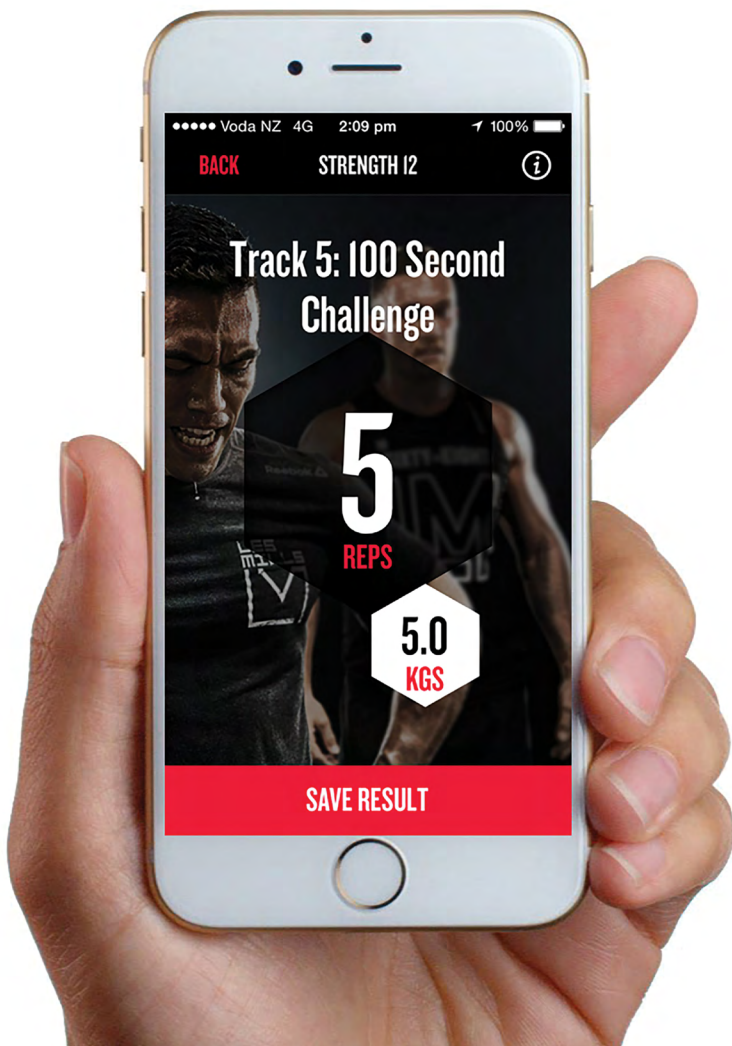
At this stage the app is only available in English.

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 PLYO

1

Accelerated Warm Up

SET UP

- A heavy plate and bench

MUSIC	EXERCISE	REPS
0.00	Set up	
0.11	Backward Stepping Bench Lunge slow (L + R)	3x
0.39	Backward Stepping Bench Lunge (L + R)	4x
0.57	Jump Lunge (L + R)	4x
1.15	Burpee with Bench Jump	5x
1.37	Set up Bench Push up	
1.40	Bench Push ups	5x
1.52	Bench Plank Ski Jump (L + R)	8x
2.10	Set up Jumping Plate Snatch on Bench	
2.20	Jumping Plate Snatch on Bench slow	2x
2.28	Jumping Plate Snatch on Bench fast	8x

COACHING TIP

Get ready to sweat, you and your team are in for one of the most challenging LES MILLS GRIT Plyo workouts yet! This workout uses jump training to hit bursts of high intensity. Jump training allows access to the maximum amount of muscle fibres during a work out. This means energy reserves are eaten into, during and after the session, resulting in changes in body composition.

CONNECTION

The key to Plyo is all in the cues! This is the workout where the moves are most complex so you need to coach your team precisely into each move right from the Accelerated Warm Up. Don't overcomplicate your coaching though. Note how Reagan makes it fun and relaxed and perfectly pre-cues each new move.

DRIVE

Get your team amped and ready to go! The workout's going to be tough, but it's going to be fun. Summarise the benefits to be gained from jump training in your introduction to the workout so your team are motivated before they even hit the first move.

HIIT SCIENCE

This accelerated warm up prepares the body for the work ahead and gets the team into a training zone for track 2.

BACKWARD STEPPING BENCH LUNGE

- Feet hip-width – long step back
 - One foot on bench, the other on floor
 - Front thigh parallel to floor in bottom of Lunge – knee in line with toes
 - Chest up – abs braced
 - Body stays upright
- ⇓ **OPTION: NO BENCH**

JUMP LUNGE

- Jump into Lunge – one foot on bench, one on floor
- Chest up
- Abs Braced
- Front thigh parallel to floor

⇓ **OPTION: BACKWARD STEPPING LUNGE**

BURPEE WITH BENCH JUMP

- 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
- Jump up on return – bent knee landing
- Jump onto bench
- Bent knee landing
- Chest up
- Feet land on center of bench

⇓ **OPTION: STEP FEET BACK INTO PLANK**

BENCH PUSH UP

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

1

Accelerated Warm Up Continued



BENCH PLANK SKI JUMP

- Hands in Plank position on bench
- Jump feet side to side
- Abs braced
- Knees slightly bent
- Back straight

⇓ **OPTION: ALTERNATE KNEE TO ELBOW**



JUMPING PLATE SNATCH ON BENCH

- Start on floor
- Feet wide
- Jump up and forward onto bench and take plate overhead
- Brace abs in Snatch
- Use Squat to absorb the landing
- Elbows slightly forward
- Jump or step off bench
- Return to narrow feet

⇓ **OPTION: STEP FORWARD, STEP BACK**



SET UP

- Heavy plate and bench

MUSIC EXERCISE

0.00	Set up track and first exercise: Fast Feet (x4) then Long Forward Jump (x1), Jump Turn – Long Jump Back
	SET 1
0.24	Fast Feet (x4) then Long Forward Jump (x1), Jump Turn – Long Jump Back
0.54	Fast Hands in Plank Position (x4), Side Climber (x4)
1.24	Fast Feet (x4) then Long Forward Jump (x1), Jump Turn – Long Jump Back
1.54	Recovery and set up first move of the next combination: Plyo Lunge with Single Plate Shoulder Press
	SET 2
2.18	Plyo Lunge with Single Plate Shoulder Press (R Side)
2.51	Mountain Climber with Hands on Bench
3.18	Plyo Lunge with Single Plate Shoulder Press (L Side)
3.51	Recovery and set up first move of the final combination: Squat Jump with one Foot on Bench (x3), Sprint Forward and Back (x4 steps)
	SET 3
4.15	Squat Jump with R Foot on Bench (x3), Sprint Forward and Back (x4 steps)
4.45	Bench Shuffle with Arm Row Push up (x3) L+ R
5.16	Squat Jump with L Foot on Bench (x3), Sprint Forward and Back (x4 steps)
5.44	Recovery
6.09	Repeat SET 1
7.39	Recovery
8.03	Repeat SET 2
9.36	Recovery
9.59	Repeat SET 3
11.29	Recovery

COACHING TIP

This track is going to fire up every muscle in your body! 2 big rounds, 3 explosive sets in each. Demonstrate the first move and talk your team through counting the reps for each move combo. The simpler you can make it the better!

CONNECTION

In the first round of each move combo, hit the move transitions with your team so that they follow you. This will give them the confidence in the next round to get straight into it on their own. You've got a lot of info to get through in the recoveries to set up the next move. Watch how Reagan congratulates his team on the previous set then gets them to watch him while he very clearly sets up the next move coming their way.

DRIVE

Heart, arms and legs are going to be screaming. At the half way mark challenge your team to put those feelings aside and try and bring even more energy into the second round! Training this way is how we get our body to burn loads of fat for energy so it's worth it!

HIIT SCIENCE

Integrated Super Sets: 2 big rounds, 3 sets in each. The focus of this track is flipping the muscle focus during each 90 second set so you can operate at maximum output for the entire time. This level of intensity is what delivers the results in H.I.I.T. training.

FAST FEET TO LONG FORWARD JUMP, JUMP TURN – LONG JUMP BACK

- Sit low in the legs
- Feet under hips
- **Chest up – abs braced**
- Small fast movements of the feet on and off the bench
- **Feet wide**
- Drive hips through in Jump forward
- **Use Squat to absorb landing**
- Low fast Jump Turn
- Repeat Long Jump Back
- Repeat combo facing other direction

⇓ **OPTION: LONG STEP FORWARD INSTEAD OF JUMP**

FAST HANDS IN PLANK POSITION/ SIDE CLIMBER

- Plank position
- **Abs braced – hips down**
- Walk hands on and off the bench
- Push hands into bench for stability in Side Climber
- **Jump knees out to 90 degrees**
- Jump feet back to middle
- Repeat on other side

⇓ **OPTION: ON KNEES FOR PLANK**

PLYO LUNGE WITH SINGLE PLATE SHOULDER PRESS

- **Chest up – abs braced**
- Plate in one hand
- **Same side leg jumps back into long Lunge**
- Press plate in Lunge
- **Front thigh parallel to floor**
- **Elbow slightly forward in press**
- Same arm and leg for the entire set

⇓ **OPTION: STEP BACK INSTEAD OF JUMP – NO BENCH**





MOUNTAIN CLIMBER WITH HANDS ON BENCH

- Plank position – hands shoulder-width on bench
- Bring knee to chest
- Chin tucked – eye gaze to hands
- **Abs braced – back long, strong and straight**
- **Keep hips down – knee close to floor as it comes forward**
- Alternate sides

⇓⇓ OPTION: ALTERNATE KNEE TO ELBOW

SQUAT JUMP WITH ONE FOOT ON BENCH/SPRINT FORWARD AND BACK

- One foot on bench, one on floor
- Sit butt back and down and drive off the leg on the bench
- **Chest up – abs braced**
- **Use Squat to absorb landing**
- Repeat 3 times then Sprint forward and back 4 steps

⇓⇓ OPTION: SQUAT WITH ONE FOOT ON BENCH

BENCH SHUFFLE WITH ARM ROW PUSH UP

- Hands outside shoulders – one on bench, one on floor
- **Back long, strong and straight – abs braced**
- **Drop chest to elbow height of arm on the bench**
- As you Push Up, Row up arm on the floor 3 times
- Shuffle hands across bench
- Repeat on other side

⇓⇓ OPTION: PUSH UP ON KNEES – NO ARM ROW

3

30 x 30 Challenge (Competition track)

SET UP

- A bench

MUSIC	EXERCISE
0.00	Set up track and demo the two exercises
0.49	Lateral Jumps over Bench
1.19	Burpee with Bench Jump
1.49	Recovery

COACHING TIP

30x30 Challenge – this track slows down for no one! We hit our top intensity fast with the Bench Jumps and hold there to complete the full minute with the Burpee combo.

CONNECTION

Aaron gets his team amped up to tackle this track with everything they've got! From the beginning he sets the focus speed, encouraging them to pre-fatigue their legs in the first exercise by going for as much height as they can. Then in the second exercise, he shifts the focus to maximum reps! Don't forget to give options so everyone can participate in this Plyo party!

DRIVE

Don't let anyone back off in this track. Your team have one minute of work to unleash their ultimate jumps. Get your team to count their reps in the second exercise so that each time they do this release they can track their improvement.

HIIT SCIENCE

Pushing as hard as you can for one minute will deliver the changes to your body that are specific to HIIT. This means rapid changes in fitness and body composition.

LATERAL JUMPS OVER BENCH

- Feet wide, chest up
 - Drive laterally off two feet
 - Jump over bench
 - Use arms to get height
 - Land with bent knees
 - Repeat in other direction
- ⇓ **OPTION: NO BENCH**

BURPEE WITH BENCH JUMP

- Feet wide
 - Use the Squat to transition
 - Chest up
 - Abs braced, feet jump back
 - Jump feet in wide
 - Jump on and off the bench
- ⇓ **OPTION: STEP FEET BACK INTO PLANK, NO BENCH JUMP**

4

Drop Sets

SET UP

- Heavy plate and bench

MUSIC EXERCISE

0.00 Set up first combination of exercises:
Jack Push up, Feet On and Off Bench

0.25 **SET 1**

Jack Push Up, Feet On and Off Bench

0.45 **Jack Push Up**

1.04 **Push ups**

1.26 Recover and set up second combination of exercises:
Squat jumps over bench plate overhead

1.49 **SET 2**

Squat Jumps over Bench Plate Overhead

2.12 **Squat Jumps over Bench Plate at Collarbones**

2.30 **Squat Jumps over Bench**

2.49 Recovery

3.15 **REPEAT SET 1**

4.16 Recovery

4.39 **REPEAT SET 2**

5.39 Recovery

COACHING TIP

This track of Drop Sets is fast so don't waste a second of set up time! 2 rounds, 2 sets in each. Within each set there are 3 exercises and spend 20 seconds of work on each. Make sure your team have all the equipment they need nearby and space to move. Just like Erin, set up the full extension of the first move then clearly demonstrate the options.

CONNECTION

When you're out on the floor, spend time with individuals. Acknowledge how challenging this track is but don't let them back away from it! Take on the challenge and chase the change!

DRIVE

In the second round of work, really play into your Coach role. Don't just ask for more from your team, demand it!

HIIT SCIENCE

This type of training is the best way to tone and develop athletic muscles. Drop Sets allow the team to maintain maximum intensity and speed for the full block. Just as the body starts to slow down in each block the exercise becomes slightly easier so speed and muscle output can be maintained.

JACK PUSH UP, FEET ON AND OFF BENCH

- Hands outside shoulder-width
- Feet up on the bench
- End of bench should be level with knees
- Chest drops to elbow-height and feet jump off to either side of the bench
- Abs braced
- Jump feet back up, and push back up

⇓ **OPTIONS: SEPARATE PUSH UP AND JACK OR KNEES ON BENCH FOR PUSH UP**

JACK PUSH UP

- Hands outside shoulder-width
 - Jack feet out as you drop chest to elbow height
 - Jack feet back in as you Push up
 - Abs braced
- ⇓ **OPTION: SEPARATE PUSH UP AND JACK**

PUSH UP

- Hands outside shoulder-width
 - Chest to elbow height
 - Abs braced
 - Chin tucked
 - Back long, strong and straight
- ⇓ **OPTION: ON KNEES**

SQUAT JUMPS OVER BENCH WITH PLATE OVERHEAD

- One foot on bench, one on floor
- Plate overhead and slightly forward of face
- Drive off foot on bench laterally
- Land on other side with bent knees
- Abs braced – chest up

⇓ **OPTION: STEP OVER BENCH**

SQUAT JUMPS OVER BENCH WITH PLATE AT COLLARBONES

- One foot on bench, one on floor
 - Plate at collarbones
 - Chest up – abs braced
 - Drive off foot on bench laterally
 - Land on other side with bent knees
- ⇓ **OPTION: STEP OVER BENCH**

SQUAT JUMPS OVER BENCH

- One foot on bench, one on floor
 - Drive off foot on bench laterally
 - Land on other side with bent knees
 - Chest up – abs braced
- ⇓ **OPTION: STEP OVER BENCH**

5

Tabata

SET UP

- A bench and a large plate

MUSIC

EXERCISE

0.00 Set up track and exercises:
Jumping Plate Snatch on Bench
Sumo Plyo Bench Jumps

0.44 **Jumping Plate Snatch on Bench**

1.04 Recovery

1.14 **Sumo Plyo Bench Jumps**

1.34 Recovery

1.44 **Jumping Plate Snatch on Bench**

2.04 Recovery

2.14 **Sumo Plyo Bench Jumps**

2.34 Recovery

2.44 **Jumping Plate Snatch on Bench**

3.04 Recovery

3.14 **Sumo Plyo Bench Jumps**

3.34 Recovery

COACHING TIP

This Tabata track is going to take the heart rate to another level! 2 exercises completed 3 times with a 20/10 work/rest ratio. Clearly demonstrate the two exercises and outline any equipment needed, then get your team ready to smash this track.

CONNECTION

The intensity doesn't just come from speed, your team need to hit the range too. Empty reps don't count so make sure your team are working to their full potential in the two exercises. You need to lead from the front and get on the floor to make sure your team are maxing out!

DRIVE

Each short burst in this track is taking your team's fitness to another level. Remind your team why they turned up today and what they stand to gain by hanging in and giving their all for a few more minutes. This track is hard and fast so make sure you're motivating rather than dominating to inspire your team to go the extra mile!

HIIT SCIENCE

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

JUMPING PLATE SNATCH ON BENCH

- Start on floor
- Feet wide as you jump up and forward onto bench and take plate overhead
- Abs braced for Snatch Jump
- Use Squat to absorb the landing
- Jump or step off bench
- Return to narrow feet

⇓ **OPTION: STEP FORWARD, STEP BACK**



SUMO PLYO BENCH JUMPS

- Start with feet wider than hips, straddling bench
- Jump up and onto bench
- Chest Up
- Explode off bench as soon as feet make contact
- Soft knee landing – knees out, knees forward on bench
- Go for depth and height

⇓ **OPTION: OFF THE BENCH**

6

Core

MUSIC	EXERCISE	REPS
0.00	Set up Triple Pulse Side Crunch (arm on floor)	
0.13	Triple Pulse Side Crunch	8x
0.38	Set up Side Hover (arm on floor)	
0.44	Side Hover	
0.50	Side Hover with Hip Lift	16x
1.15	Side Hover with Triple Pulse Hip Lift	4x
1.27	Recovery	
1.34	Set up Triple Pulse Side Crunch (arm on floor)	
1.39	Triple Pulse Side Crunch	11x
2.14	Set up Side Hover (arm on floor)	
2.17	Side Hover	
2.30	Side Hover with Hip Lift	8x
2.42	Side Hover with Triple Pulse Hip Lift	4x

COACHING TIP

The stronger the core the stronger the athlete. This track is just as important as the previous sets so get your team committed to the finish.

CONNECTION

Options are paramount in this track so as soon as you've set up each move, give the option. Floor coach wisely so you can help those that need a little bit of work on their technique and challenge those who are more confident.

DRIVE

An explosive workout deserves an explosive ending and this core track will not disappoint! Be motivating and fun with your coaching while emphasizing the importance of core training. Let your team know how it will improve their athletic ability.

HIIT SCIENCE

These integrated core exercises (loading the upper and lower body simultaneously) allows athletic core strength to develop. This type of strength allows the body to jump higher and get more out of the H.I.I.T. training.

TRIPLE PULSE SIDE CRUNCH

- Start lying on one side with lower arm stretched out, top arm with fingertips at temples
- Extend legs to 45 degrees – **abs braced**
- Lift upper back off floor
- **Slide ribs to hips, pulsing fingers to toes**
- After three pulses extend legs away
- **Abs braced as legs extend**
- Repeat

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

**SIDE HOVER**

- Lower elbow under shoulder
- **Lift lower hip**
- Body in long, straight line
- Hips and shoulders square

⇓ **OPTION: LOWER KNEE ON FLOOR**

SIDE HOVER WITH HIP LIFT

- Side Hover set up
- Pulse hips in small movements to ceiling

⇓ **OPTION: LOWER KNEE ON FLOOR**

SIDE HOVER WITH TRIPLE PULSE HIP LIFT

- Three top half Pulses
- Lower hips back to Side Hover level
- Repeat

⇓ **OPTION: LOWER KNEE ON FLOOR**

TRACK		ARTIST	
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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.

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