

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

Black Scorpio > 2.48 mins

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**

**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**



2 1:2:1

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

All Night / Palace / Soundclash > 11.33 mins

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

Karate > 1.53 mins

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

Mammoth / Suckerpunch > 6.08 mins

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

My Time > 3.47 mins

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

Teach Me > 3.02 mins

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	
1	Black Scorpio © 2014 Aesop. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Tadjiky, Rodigan, Craze, Chegwin	TALA	2:48
2	All Night © 2014 Fly Eye Records. Written by: unknown	Tujamo & Jacob Plant	1:55
	Palace © 2015 Mad Decent. Written by: Daley, Arabshahi	Unlike Pluto & KickRaux	1:55
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	Suckerpunch © 2015 Dim Mak Records. Written by: Claessens, P. Hoogendoorn, J. Hoogendoorn	Tony Junior	1:28
5	My Time (U-Turn Remix) © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer, Dyer	Jerrika	3:47
6	Teach Me © 2015 Les Mills Music Licensing Ltd. Written by: Pallin, Ellestad, Jessamy, Virginie	Monkey Colour	3:02