

LESMILLS
GRIT

STRENGTH



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

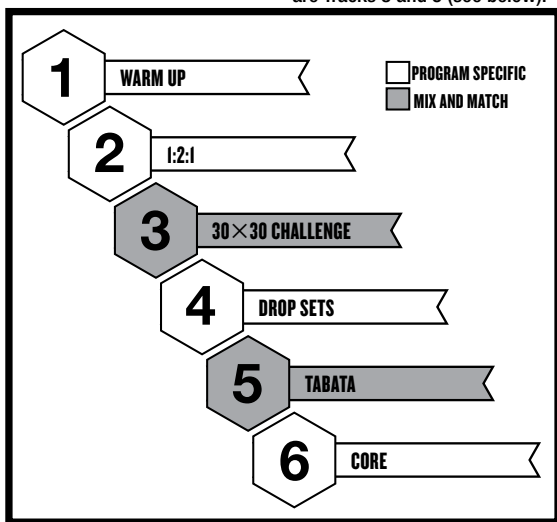
NUMBERING

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

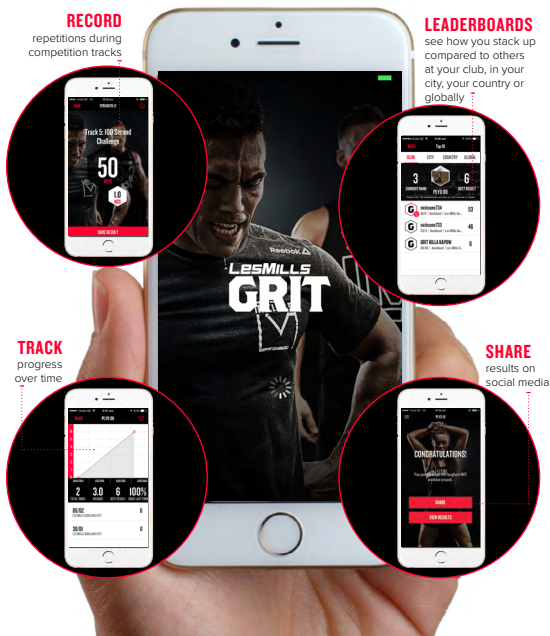
IT'S HERE...

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 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?

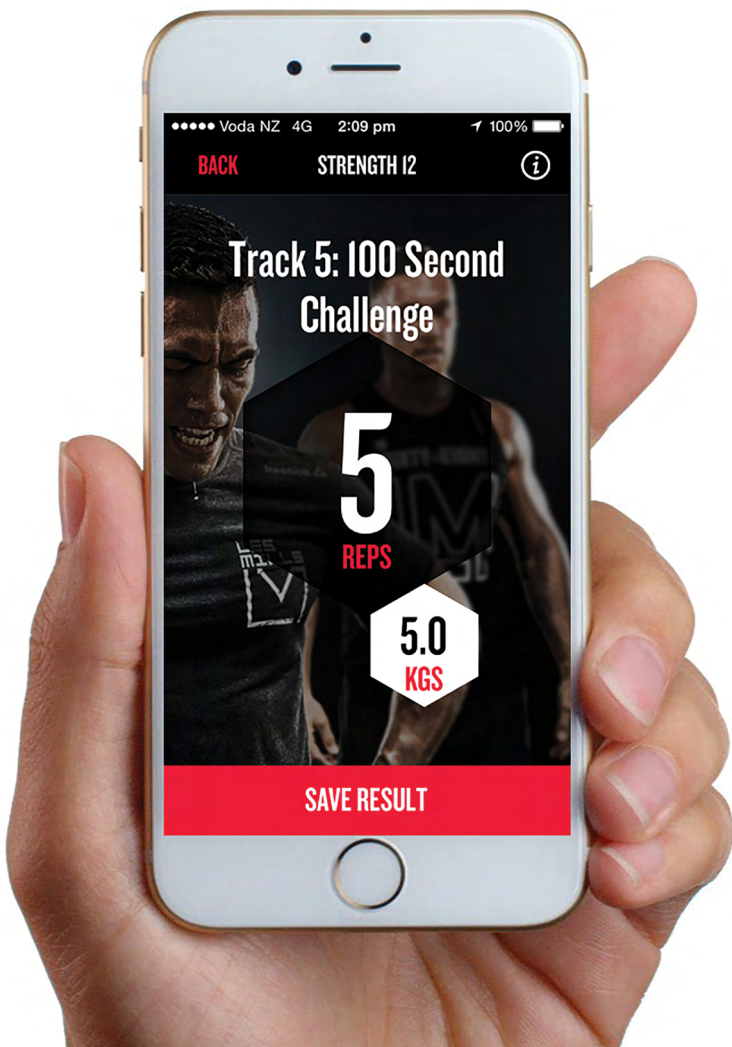
At this stage the app is only available in English.

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 STRENGTH

1

Accelerated Warm Up

SET UP

- A heavy plate

MUSIC	EXERCISE	REPS
0.00	Set up Squat	
0.12	Squat 2/2	2x
0.20	Squat Single	6x
0.32	Set up Squat with Overhead Press	
0.36	Squat with Overhead Press	8x
0.50	Squat Jump	8x
1.06	Squat Burpee Slow (no jump)	2x
1.21	Squat Burpee (no jump)	4x
1.36	Set up Push Up	
1.42	Push Up	8x
1.58	Plank Ski Jump (L+R)	8x
2.13	Bear Crawl (F + B)	4x
2.29	Set up Jumping Plate Snatch	
2.36	Jumping Plate Snatch slow	1x
2.44	Jumping Plate Snatch	7x
2.57	Set up Jumping Lunge	
3.00	Jumping Lunge (L+R)	8x

COACHING TIP

Get your team focused from the word go! This workout uses load and muscle pressure to hit short bursts of high intensity. Strength training will challenge and shape muscle groups. The high peaks of intensity will eat into energy reserves during and after the session, resulting in changes in body composition.

CONNECTION

Reagan is cool and calm in his coaching. He is highly motivating and makes his team feel confident leading into the more challenging tracks.

DRIVE

Spend these few minutes wisely. You want to earn your team's trust in this track so you can drive them further in the later tracks. The workouts are hard enough on their own so you don't have to be! Find the perfect balance between drive, motivation and fun and apply it to all tracks in the workout.

HIIT SCIENCE

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

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
- Plate at collarbones
- Elbows under plate

SQUAT WITH OVERHEAD PRESS

- Feet outside hip-width
- Chest up – abs braced
- Plate to collarbones
- Butt drops back and down to just above knee height
- Knees out and tracking forward over toes
- Straighten legs and press plate above head – keeping elbows slightly forward
- Abs braced

SQUAT JUMP

- Elbows towards thighs
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- Bent knee landing

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 step back
 - Hands under shoulders
 - Back long, strong and straight
- ⇓ **OPTION: STEP FEET BACK INTO PLANK**

PUSHUP

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

PLANK SKI JUMP

- Hands in Plank position
- Jump feet side to side
- Abs braced
- Knees slightly bent

⇓ **OPTION: PLANK POSITION, FOOT TAP SIDE TO SIDE**





BEAR CRAWL

- Start in 4 point kneeling position, knees under hips
- Hands under shoulders
- Lift both knees just off floor
- **Abs braced**
- **Back long, strong and straight**
- Move opposite arm and leg forward
- Keep butt down, knees bent

JUMPING PLATE SNATCH

- Feet wide jump forward and take plate overhead
- Brace abs in Snatch
- Use Squat to absorb the landing
- Return to narrow feet
- Elbows slightly forward at the top

⇓ **OPTION: STEP FORWARD, STEP BACK**



JUMPING LUNGE

- 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

⇓ **OPTION: BACKWARD STEPPING LUNGE**

SET UP

- A heavy bar. A heavy plate

MUSIC**EXERCISE**

0.00 Set up track and first exercise: Alternating Backward Stepping Lunge with Plate Arc

SET 1

0.24 **Alternating Backward Stepping Lunge with Plate Arc L + R**

0.54 **Wide Row with High Pull**

1.26 **Alternating Backward Stepping Lunge with Plate Arc L + R**

1.53 Recovery and set up first move of the next combination: Bottom Half Front Squat

SET 2

2.19 **Bottom Half Front Squat**

2.50 **Bottom Half Push Up**

3.21 **Bottom Half Front Squat**

3.48 Recovery and set up first move of the final combination: Lateral Lunge with Forward Plate Press

SET 3

4.14 **Lateral Lunge with Forward Plate Press L + R**

4.44 **Plank Ski Jump**

5.14 **Lateral Lunge with Forward Plate Press L + R**

5.44 Recovery

6.09 **Repeat SET 1**

7.37 Recovery

8.04 **Repeat SET 2**

9.33 Recovery

9.59 **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, and the muscle focus flips to make maximum output possible for the entire block. Set your team up at the beginning with all the equipment they'll need, demonstrate the first exercise and you're off! Look out for the new complex moves in this release. You want to focus on setting your team up for a successful track by getting them hitting the move at full range with perfect technique in the first round. When the second round hits you can develop their technique further and challenge them to work even harder. Be sure to give options so that everyone in the room has the opportunity to stay in the work.

CONNECTION

Use the recoveries to reset your team – Reagan does this perfectly. Congratulate your team then demo the next moves coming their way. Be on the move with transitions so that your team doesn't miss a beat of work. In the first round of the exercises coach from the front – your team will be looking to you to see what they're meant to be doing. In the second round, spend more time on the floor coaching depth and range.

DRIVE

When you see your team starting to fatigue, sell them on the benefits of training this way. Pitch them the idea of total body conditioning.

HIIT SCIENCE

This is the biggest track in the workout. Your team need to work hard in this track to maximise results. This track focuses on total body conditioning so all muscles will be burning! You need to coach and drive your team beyond the burn and get them through each set with their max effort. Switching muscle targets in this track means the whole body is conditioned in one block, burning loads of fat for energy.

ALTERNATING BACKWARD STEPPING LUNGE WITH PLATE ARC

- Long step back
- Chest up – abs braced
- Plate arcs around to hip-height
- Front thigh parallel to the floor



WIDE ROW WITH HIGH PULL

- Chest up – tip from the hips, abs braced
- Bar from knees to belly
- Pull bar up body to lower chest
- Elbows above the bar
- Slight pause and reset after High Pull
- Drive hips under shoulders on High Pull

BOTTOM HALF FRONT SQUAT

- Bar rests on collarbone
- Feet outside hip-width
- Elbows under the bar
- Butt sits back down just above knee-height
- Chest up – abs braced

⇓ **OPTION: BACK SQUAT**

BOTTOM HALF PUSHUP

- Hands outside shoulders
- Chest to elbow-height
- Abs braced
- Back long and straight

⇓ **OPTION: PUSH UP ON KNEES**



LATERAL LUNGE WITH FORWARD PLATE PRESS

- Big step to the side
- Foot turned out slightly
- Chest up
- Push plate forward at chest height
- Drive laterally off foot to change direction

⇓ **OPTION: NO FORWARD PLATE PRESS**



PLANK SKI JUMP

- Hands under shoulders in plank position
- Abs braced
- Jump feet from side to side

⇓ **OPTION: PLANK POSITION, FOOT TAP SIDE TO SIDE**



3

30 X 30 Challenge (Competition track)

MUSIC

EXERCISE

0.00 Set up track and demo the two exercises. Squat Jump and Squat Burpee with Push Up and Wide Tuck Jump.

0.48 **Squat Jump**

1.15 **Squat Burpee with Push Up and Wide Tuck Jump**

1.49 Recovery

COACHING TIP

30x30 Challenge. With a track like this don't think just go! Hit top intensity fast with the Squat Jumps and hold there to complete the full minute with the Burpee combo.

CONNECTION

Set your team up for this track with enthusiasm – just like Ben does. Clearly demonstrate the two exercises so that as soon as the time starts your team are ready to roll!

DRIVE

It's the speed that burns the calories so don't let your team slow down! This track is a great for helping your team to track their progression. Get them to count their reps each time so they can see how much better they're getting each week.

HIIT SCIENCE

Pushing as hard as possible for 1 minute will deliver the changes to your body that are specific to HIIT; Increased gains in fitness and significant changes in body composition.

SQUAT JUMP

- Feet outside hips
- Elbows towards thighs
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- Bent knee landing
- Chest up - abs braced

SQUAT BURPEE WITH PUSH UP AND WIDE TUCK JUMP

- Feet wide
- Use your Squat to transition
- Chest up
- Abs braced as feet jump 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

SET UP

- A heavy bar. A heavy plate

MUSIC	EXERCISE
0.00	Set up first combination of exercises: Plyo Lunge with Plate Overhead, Plyo Lunge with Plate at Collarbones, Plyo Lunge
0.24	SET 1
	Plyo Lunge with Plate Overhead
0.45	Plyo Lunge with Plate at Collarbones
1.04	Plyo Lunge (no plate)
1.27	Recover and set up second combination of exercises: Clean and Press, Push Press, Hang Clean
1.50	SET 2
	Clean and Press
2.09	Push Press
2.28	Hang Clean
2.50	Recovery
3.14	REPEAT SET 1
4.17	Recovery
4.40	REPEAT SET 2
5.40	Recovery

COACHING TIP

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

CONNECTION

The track is tough so it's your job to keep it fun. Erin does this really well, inspiring her team to embrace the burn and push until the final second of each set. Connect with them from the front of the room. Set an example of athleticism and perfect technique – then get out on the floor and challenge individuals to squeeze in some extra reps.

DRIVE

The goal in Drop Sets is to maintain intensity for the entire set. Make your team accountable and don't let them cheat themselves by slowing down. Drive with regular time cues and encourage individuals who need a little more attention to get through.

HIIT SCIENCE

Drop Sets make it possible to maintain maximum intensity and speed for the full block. In each block the exercise becomes slightly easier towards the end so that everyone can maintain speed and muscle output. This type of training is the best way to tone and develop athletic muscles.

PLYO LUNGE WITH PLATE OVERHEAD

- Chest up – abs braced
 - Elbows slightly forward of face
 - Long Lunge back
 - Use the Lunge to absorb your landing
- ⇓ **OPTION: BACKWARD STEPPING LUNGE WITH PLATE OVERHEAD**

PLYO LUNGE WITH PLATE AT COLLARBONES

- Elbows under plate – chest up
- ⇓ **OPTION: BACKWARD STEPPING LUNGE WITH PLATE AT COLLARBONES**

PLYO LUNGE

- Use arms for propulsion
- ⇓ **OPTION: BACKWARD STEPPING LUNGE**

CLEAN AND PRESS

- Keep the bar close to the body
- Bend knees to catch the bar
- Brace abs – lift bar over head
- Elbows slightly forward of face at the top of the Press
- Bend knees to catch the bar again

PUSH PRESS

- Elbows slightly forward
- Abs braced
- Drive out of the legs

HANG CLEAN

- Lift bar to lower chest
- Jump under the bar and catch on the collarbones
- Clean bar back down
- Chest up – abs braced

5

Tabata

SET UP

- A heavy plate

MUSIC EXERCISE0.00 **Set up track and exercises:**

- Crocodile Crawl
- Jumping Plate Snatch

0.44 **Crocodile Crawl**

1.04 Recovery

1.14 **Jumping Plate Snatch**

1.34 Recovery

1.44 **Crocodile Crawl**

2.04 Recovery

2.14 **Jumping Plate Snatch**

2.34 Recovery

2.44 **Crocodile Crawl**

3.04 Recovery

3.14 **Jumping Plate Snatch**

3.34 Recovery

COACHING TIP

This track is all about power! Tabata Training: 2 exercises completed 3 times with a 20/10 work/rest ratio. Clearly demonstrate the two exercises and outline any equipment needed then get into hyping your team up for their final peak in the workout.

CONNECTION

By this stage of the workout your team will be physically exhausted. You need to rally them together and take this track on as a team! They can use each other as motivation to push a little harder and faster. As their coach, be a source of motivation to keep them moving by getting hands dirty in some of the work!

DRIVE

Each short spike of intensity is creating a stronger fitter body. This is the track where your team really have to choose mind over muscle and push through to the finish to get the rewards LES MILLS GRIT has to offer.

HIIT SCIENCE

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

CROCODILE CRAWL

- Elbows slightly bent
- Knees just off the floor
- Abs braced
- Crawl forward 4 steps, backwards 4 steps
- Back straight

JUMPING PLATE SNATCH

- Feet wide – Jump forward and take plate overhead
- Abs braced in Snatch
- Use Squat to absorb the landing
- Return to narrow feet

↓↓ **OPTION: STEP FORWARD, STEP BACK**



6

Core

MUSIC	EXERCISE	REPS
0.00	Set up Hover	
0.18	Hover Slow Side Climber (L + R)	1x
0.26	Hover Side Climber (L + R)	6x
0.52	Set up Triple Pulse Crunch	
0.54	Triple Pulse Crunch	4x
1.13	Reset Hover	
1.22	Hover Side Climber (L + R)	6x
1.50	Triple Pulse Crunch	4x
2.08	Reset Hover	
2.12	Hover Side Climber (L + R)	6x
2.40	Triple Pulse Crunch	4x

COACHING TIP

Your team are on the home stretch but don't let them tap out before this track is over! Fatigue will be taking over in so encourage your team to commit to the final few minutes and give plenty of options to make sure everyone can keep moving.

CONNECTION

Lower your coaching voice and get your team on the floor quickly so they're ready to hit the first move. Connection is incredibly important in this track so you can maintain everyone's effort and attention right until the end. Once you've set up each move get out on the floor to assist with technique.

DRIVE

A lot of the exercises in the previous tracks have relied on athletic ab strength and this track will take core training to the next level. Convince your team to hang in there for the last few minutes and challenge themselves to try and maintain perfect form right until the end of the workout.

HIIT SCIENCE

The most effective high intensity exercises involve intergrating the upper and lower body simultaneously. To do this you need a strong core.

HOVER SIDE CLIMBER

- Elbows under shoulders
- Back long and straight
- Abs braced
- Bring knee up towards same elbow
- Use abs to keep hips square

⇓ OPTION: ON KNEES

TRIPLE PULSE CRUNCH

- Extend legs to 45 degrees – abs braced
- Lift upper back off floor
- Slide ribs to hips pulsing fingers to toes
- Brace core to extend arms and legs away from each other

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

TRACK		ARTIST	
1	Down On My Luck © 2015 Les Mills Music Licensing Ltd. Written by: Mensah, Osteen, Cottontale, Keith, Ponce	The Violet Fool	3:17
2	Chaos © 2015 Les Mills Music Licensing Ltd. Written by: unknown	House Tech IV	1:55
	Indestructable © 2015 Mad Decent. Written by: Cavallie	8er\$	1:55
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3	Imperium © 2014 Hugo Leclercq, under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Leclercq	Madeon	1:51
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	Boss It Up © 2014 Barong Family/SpinninRecords.com Written by: Weernink, Groeneboom	Dirtcaps feat. The Kemist	1:27
5	My Time (U-Turn Remix) © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer, Dyer	Jerrika	3:47
6	Shots Courtesy of the Universal Music Group. Written by: Reynolds, Sermon, McKee, Platzman	Imagine Dragons	3:01

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The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

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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