

# LES MILLS GRIT STRENGTH

## 1 Accelerated Warm Up

### SET UP

- A heavy plate

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

Down On My Luck > 3.17 mins

### 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

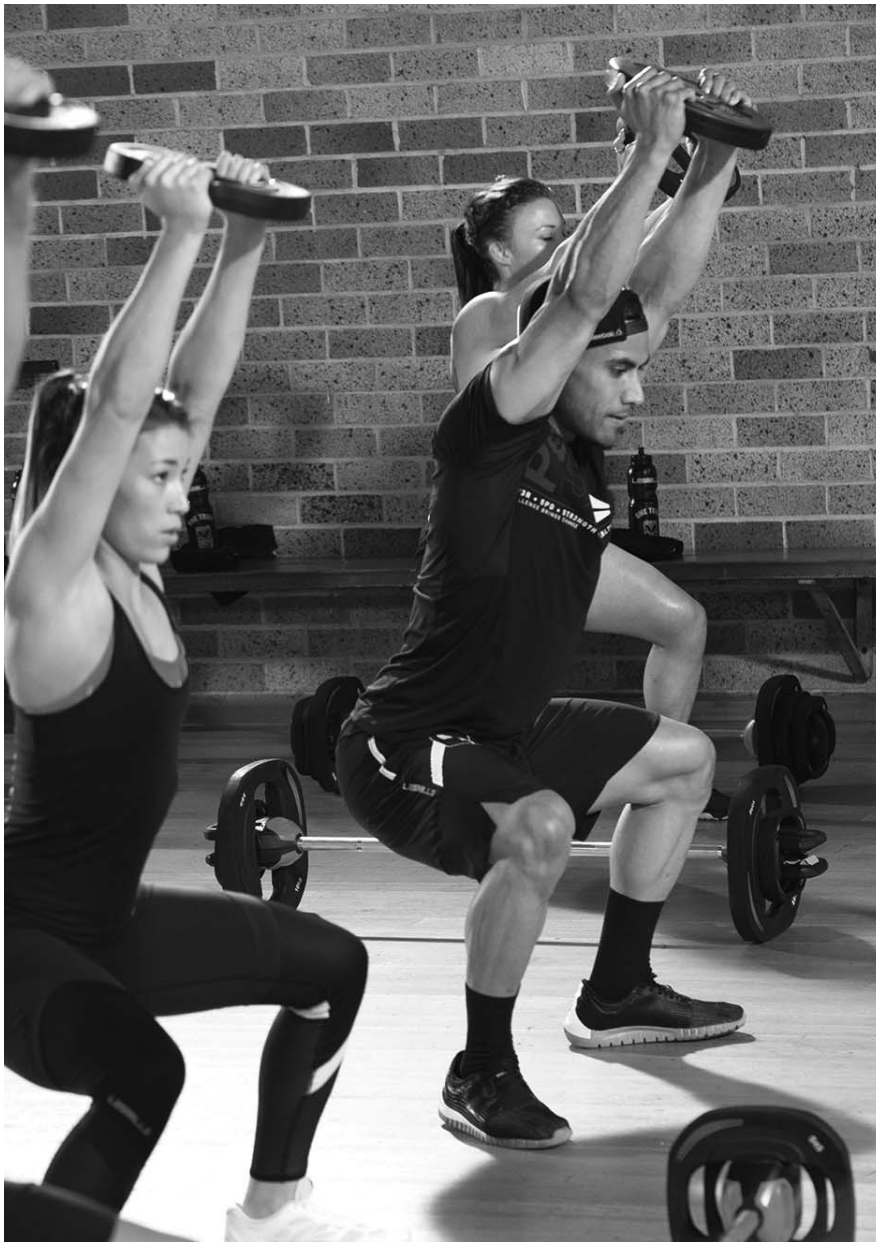
- Hands slightly wider than shoulders
  - Chin tucked
  - Chest to elbow-height
  - Abs braced
  - Back long, strong and straight
- ⇓ **OPTION: ON KNEES**

### 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                                                                                              |

Imperium > 1.51 mins

### 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 | <b>SET 1</b>                                                                                                            |
|      | <b>Plyo Lunge with Plate Overhead</b>                                                                                   |
| 0.45 | <b>Plyo Lunge with Plate at Collarbones</b>                                                                             |
| 1.04 | <b>Plyo Lunge (no plate)</b>                                                                                            |
| 1.27 | Recover and set up second combination of exercises: Clean and Press, Push Press, Hang Clean                             |
| 1.50 | <b>SET 2</b>                                                                                                            |
|      | <b>Clean and Press</b>                                                                                                  |
| 2.09 | <b>Push Press</b>                                                                                                       |
| 2.28 | <b>Hang Clean</b>                                                                                                       |
| 2.50 | Recovery                                                                                                                |
| 3.14 | <b>REPEAT SET 1</b>                                                                                                     |
| 4.17 | Recovery                                                                                                                |
| 4.40 | <b>REPEAT SET 2</b>                                                                                                     |
| 5.40 | Recovery                                                                                                                |

Get On Up/Boss It Up > 6.07 mins

### 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

My Time > 3.47 mins

## SET UP

- A heavy plate

## MUSIC EXERCISE

0.00 **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  | <b>Hover Slow Side Climber (L + R)</b> | 1x   |
| 0.26  | <b>Hover Side Climber (L + R)</b>      | 6x   |
| 0.52  | Set up Triple Pulse Crunch             |      |
| 0.54  | <b>Triple Pulse Crunch</b>             | 4x   |
| 1.13  | Reset Hover                            |      |
| 1.22  | <b>Hover Side Climber (L + R)</b>      | 6x   |
| 1.50  | <b>Triple Pulse Crunch</b>             | 4x   |
| 2.08  | Reset Hover                            |      |
| 2.12  | <b>Hover Side Climber (L + R)</b>      | 6x   |
| 2.40  | <b>Triple Pulse Crunch</b>             | 4x   |

Shots > 3.01 mins

### 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 integrating 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 | <b>Down On My Luck</b><br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Mensah, Osteen, Cottontale, Keith, Ponce                                                                                                        | The Violet Fool           | 3:17 |
| 2 | <b>Chaos</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: unknown                                                                                                                                                      | House Tech IV             | 1:55 |
|   | <b>Indestructable</b><br>© 2015 Mad Decent. Written by: Cavalie                                                                                                                                                                | 8er\$                     | 1:55 |
|   | <b>Maybe</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: Carmody, Armata                                                                                                                                              | Calming Craze             | 1:55 |
|   | <b>Chaos</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: unknown                                                                                                                                                      | House Tech IV             | 1:55 |
|   | <b>Indestructable</b><br>© 2015 Mad Decent. Written by: Cavalie                                                                                                                                                                | 8er\$                     | 1:55 |
|   | <b>Maybe</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: Carmody, Armata                                                                                                                                              | Calming Craze             | 1:58 |
| 3 | <b>Imperium</b><br>© 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.<br>Written by: Leclercq | Madeon                    | 1:51 |
| 4 | <b>Get On Up</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: Lall                                                                                                                                                     | Flight Zen                | 1:50 |
|   | <b>Boss It Up</b><br>© 2014 Barong Family/SpinninRecords.com Written by: Weernink, Groeneboom                                                                                                                                  | Dirtcaps feat. The Kemist | 1:25 |
|   | <b>Get On Up</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: Lall                                                                                                                                                     | Flight Zen                | 1:25 |
|   | <b>Boss It Up</b><br>© 2014 Barong Family/SpinninRecords.com Written by: Weernink, Groeneboom                                                                                                                                  | Dirtcaps feat. The Kemist | 1:27 |
| 5 | <b>My Time (U-Turn Remix)</b><br>© 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer, Dyer                                                                                                                | Jerrika                   | 3:47 |
| 6 | <b>Shots</b><br>Courtesy of the Universal Music Group.<br>Written by: Reynolds, Sermon, McKee, Platzman                                                                                                                        | Imagine Dragons           | 3:01 |