

LESMILLS
GRIT

CARDIO



RELEASE

15

FEATURES:

SQUAT STUDY: THE SCIENCE OF THE REP EFFECT™
THE ART OF CONNECTION: PART 2

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 CARDIO 15

Creative Director | Les Mills Jnr

Presenting Team | Marcus Benson | Erin Maw | Ben Main

Creative Team | Petter Ehrnvall, Les Mills Jnr, Corey Baird

Technical Consultant | Bryce Hastings

Program Coach | Nat van Peer

Program Planner | Cam Swainson-Whaanga

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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. SETUP

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.

SQUAT STUDY

THE SCIENCE OF THE REP EFFECT™

The fitness industry is constantly searching for training methods that will burn the most amount of calories in the shortest time possible. When it comes to resistance training, what is the best approach to maximizing caloric expenditure?

THE REP EFFECT

We know that lifting weights is one of the fastest ways to burn calories and create lean muscle. LES MILLS BODYPUMP™ is based on the principle that lifting lighter weights for a high number of repetitions will create the same workload as the more traditional approach of lifting heavy weights for fewer reps. The high number of repetitions generates muscular fatigue to tone and strengthen the body and burn calories. We call this THE REP EFFECT.

One of the most important factors that affects calorie expenditure is the activity of large muscle groups. Let's consider the Squat. The effort required to perform this exercise is influenced by two variables: the load we are lifting, and how fast we are lifting it or the total distance we move in a specific time interval. So what causes the greatest energy output – slow or fast contractions? Or – in BODYPUMP language – a slow 4/4 tempo, or the faster Singles?

Previous studies have conflicting answers to this question. The argument for using slow contractions is that you spend more time controlling the movement – therefore reaching fatigue more quickly. On the opposing side, the support for using fast contractions is based on the recruitment of inefficient fast-twitch muscle fibers, which requires more energy.

The existing disagreement between training methods led us to put weight and speed in BODYPUMP Squats to the test, as outlined below.

We took 15 participants, between the ages of 18 and 40 years, and had them perform four separate Squat conditions in a random order. Each condition was devised to produce the same amount of work for 4 minutes. Here's how the four conditions looked:

[WORK = LOAD ON BAR x NUMBER OF REPETITIONS IN 4 MINUTES]

- Condition #1: 5 kg (11 lb) lifted at a contraction speed of 1 second = 120 repetitions
- Condition #2: 10 kg (22 lb) lifted at a speed of one contraction every 2 seconds = 60 repetitions
- Condition #3: 15 kg (33 lb) lifted at a speed of 3 seconds = 40 repetitions
- Condition #4: 20 kg (44 lb) lifted at a speed of 4 seconds = 30 repetitions altogether

The key factor to consider with each of these four conditions is the fact that the amount of work done in each of them was exactly the same.



You can see this in the following simple formula: work equals force times distance – which, in this case, was weight multiplied by speed.

WORK = FORCE x DISTANCE

#1 WORK = 5KG x 120 REP = 600

#2 WORK = 10KG x 60 REP = 600

#3 WORK = 15KG x 40 REP = 600

#4 WORK = 20KG x 30 REP = 600

The work output was exactly the same in each of the four conditions, allowing us to compare the calorie expenditure values.

The results proved conclusively that the faster tempos burned the most calories. Despite the fact that they were lifting a smaller weight, participants expended 29.3% more energy during the 5 kg conditions with faster repetitions compared to the 20 kg condition with a slower tempo. In other words, it's the speed of the movement that generates the greatest energy expenditure – not the weight of the load.

It's likely that the higher rate of energy expenditure, despite the lighter loads, is due to the recruitment of faster-acting muscle fibers. Simply put, we burn the most calories when we lift a lighter weight for faster repetitions.

To get the best from BODYPUMP, you need to keep the fast tempo AND increase your weights. Once you have achieved a base training level, increasing your weights progressively will really maximize the amazing results this program has to offer.

So there you have it – proof that BODYPUMP truly is the ultimate calorie-burning workout as we complete over 800 reps in every class!

THE ART OF

SMARTSTART

CONNECTION PART: 2

Without connection, we don't have group fitness.

We want our participants to have a fitness experience in our classes, not just attend another workout. To create these experiences our members need to feel connected to the music, to the workout, and to YOU. There are multiple ways that you can create this connection in your classes, so we decided to ask some of our top instructors around the world how they connect with their participants. Here's what they said...

Talk to people before the class starts.

Get to the studio early and make time to chat to your members.

Learn a bit about them. Get to know your members in class and find out what their fitness goals are. Then, when you see them achieving those goals (for example, completing a full Pushup on their toes), acknowledge and congratulate them!

Welcome your new people. Smile at them, reassure them that you're going to look after them, and offer SMARTSTART as a fantastic way to build up their fitness gradually. Explain what's involved; for example, in a BODYPUMP™ class, you can help them set up their equipment and advise on weight selection.

Learn their names and use them during class.

Be real. Be yourself when you're on stage – don't put on a big instructor act! Think of your class as though you're hanging out with your best friends; it'll make it so much easier to create a natural connection with people.

Make eye contact and use praise.

Acknowledge and congratulate them on their efforts during and at the end of each class!

Ask for feedback and offer to help with any questions after class.

Allow time at the end of the class to answer questions and perhaps offer tips that can help them with their training.

It's all about experimenting to find what works for you. **Be brave enough to try these tools** in your next few classes to create meaningful connections with your members. You won't believe the difference these will make!



TRAINING PROFILE

LES MILLS GRIT CARDIO 15 OVERVIEW

Welcome to an epic and challenging release! This round of LES MILLS GRIT SERIES takes HIIT training to a whole new level with dynamic and innovative moves that participants will enjoy and you'll love coaching.

Each track is different and should be taught according to the essence of each style. In your coaching, set up a contrast between quick high energy workouts and more informative circuit style blocks of work. Always set up the tracks correctly and demonstrate the exercises. Once all technical and safety cues are nailed, start to explore layer 2 coaching. We have provided some good examples in the notes for you to get ideas from. In the setup, give each track an overall objective, then focus layer 2 coaching on achieving it. Remember – GRIT Cardio should always have speed related objectives. It's easier to have one main objective per set. With new moves and shorter sets this workout never has a dull moment. Make sure choreography is learnt 100 percent! Most importantly have fun, keep it cool and enjoy the workout!

Love from the GRIT15 team!

TRACK	TRACK NAME	TRAINING BENEFITS	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuromuscular Pre-conditioning	Program Specific
2	Contrast Tri Sets	Muscle toning and conditioning	Mix and Match
3	Tabata	Establish new fitness thresholds	Program Specific
4	Integrated Super Sets	Total Body Conditioning	Program Specific
5	Anaerobic Challenge	Metabolic after burn	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!

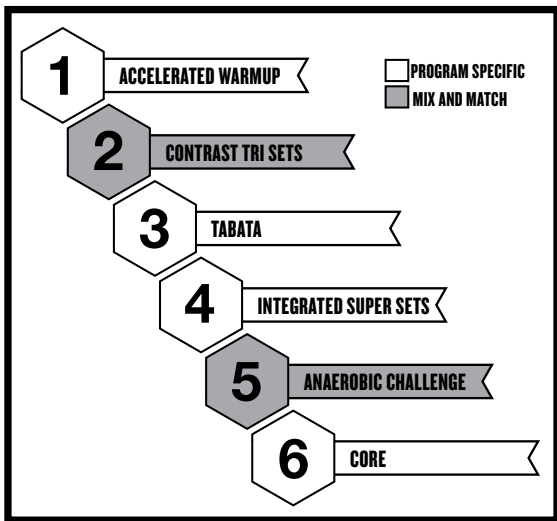
NUMBERING

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 15, LES MILLS GRIT Plyo 15, and LES MILLS GRIT Cardio 15), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 2 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, 3, 4 and 6 from Strength and Track 2 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 2 and 5, and mix it with the exercises from Tracks 2 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

You might have noticed we've taken competition off paper and put it in the hands of members with the LES MILLS GRIT app.

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.

LES JNR



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LES MILLS GRIT APP

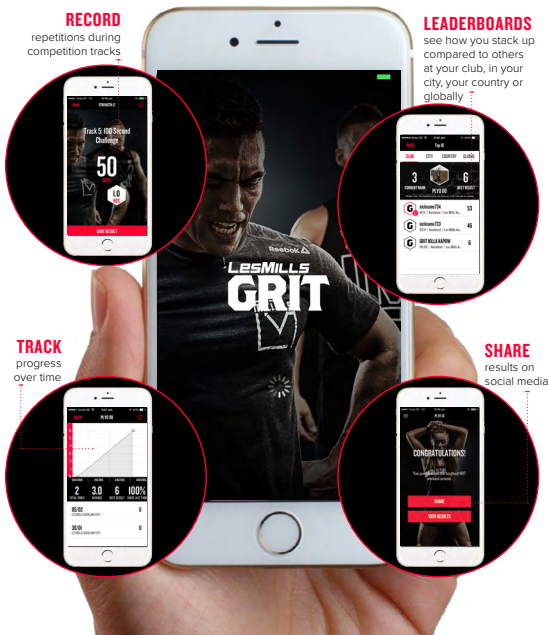
IT'S HERE...

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 5: Anaerobic Challenge

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
15	Track 5: Anaerobic Challenge

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?

The LES MILLS GRIT mobile app is available through the App Store for iOS users. We're working on getting an Android version up and running, however timing for this has not been confirmed.

What languages is the app available in?

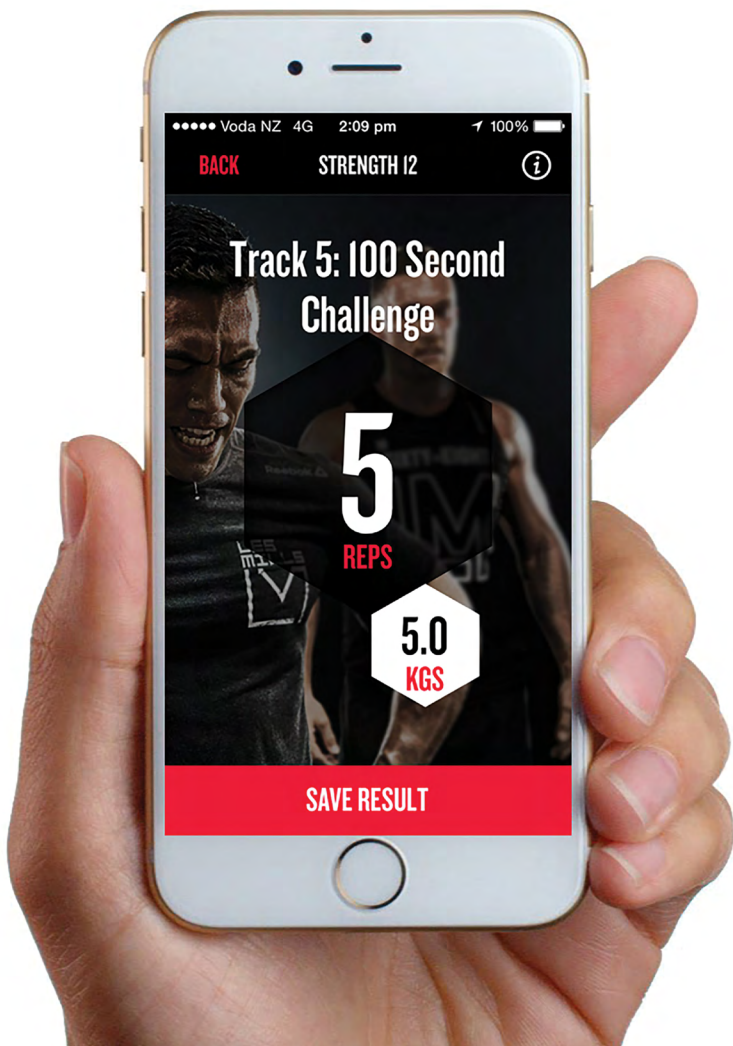
At this stage the app is only available in English.

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 CARDIO

1

Accelerated Warmup

MUSIC	EXERCISE
0.00	Light Jog OTS
0.22	Backward-Stepping Lunge (L+R)
0.40	Lateral Sprint (x8), Backward Stepping Lunge (x2) (L+R)
0.58	Lateral Sprint (x8), Jump Lunge (x2) (L+R)
1.16	3-Step Run (L+R)
1.34	High Knee Run OTS
1.51	Slow Surfer Burpee (L+R)
2.09	Fast Surfer Burpee (L+R)
2.27	Push Up
2.45	High Knee Run OTS (x8) Squat Jump (x4)
2.58	High Knee Run OTS

CLASS SETUP

Use this track to talk to your team about what they can expect in the workout ahead. High Intensity Interval Training or HIIT training is a workout that alternates between intense bursts of activity and fixed periods of rest. The main focus of LES MILLS GRIT Cardio is to hit intense bursts of energy with a speed training focus. This formula will result in rapid shifts in fitness levels and improve overall athletic performance. Highlight the importance of options and remind the class that it's ok to stop at any time during the workout. Most importantly, inject high energy and have fun from the start!

COACHING TIP

GRIT moves to it's own beat. Don't focus on doing movements to the beat of the music during the warm up; participants can work at whatever pace they want. A lot of the moves you teach in the warm up get repeated throughout the class, so demonstrate them well and give all correct technical and safety cues.

CONNECTION

The class intro is really important for getting people excited for the workout. Notice how Erin sets up a fun and relaxed environment using colloquial language and talking to the class as if they were old friends. Try and keep the intro short and to the point. Rather than loading the class with heaps of information at the start, try delivering some class set up during the warm up track and mix it up!

HIIT SCIENCE

This Accelerated Warmup prepares the body for what lies ahead and gets your team into a training zone for track 2.

BACKWARD-STEPPING LUNGE

- Big step back
- Back knee towards floor
- Chest up
- Hips square
- Abs braced

NEW MOVE LATERAL SPRINT

- Hands over head to the right
- Feet outside hip-width
- Chest up – abs braced
- Knees bent

⇓ OPTION: RUN ON SPOT



JUMP LUNGE

- Jump into long Lunge, back heel off floor
- Feet hip-width apart
- Front knee out, back knee towards floor
- Chest up – abs braced
- Repeat on other side

⇓ OPTION: BACKWARD-STEPPING LUNGE

3-STEP RUN

- Knees soft
- Hips square
- Chest up

1

Accelerated Warmup Continued



HIGH KNEE RUN

- Chest up

⇓ **OPTION: JOG**

NEW MOVE SURFER BURPEE

- Feet wide
- Butt down and back – just above knees
- Chest up – abs braced
- Abs braced as feet jump back
- Quarter turn (from side to front)

⇓ **OPTION: STEP FEET BACK INTO PLANK AND SQUAT INSTEAD OF QUARTER TURN**



PUSH UP

- Chest to elbow-height
- Abs braced
- Back long, strong and straight

⇓ **OPTION: ON KNEES**

SQUAT JUMP

- Feet wide
- Butt down and back – just above knees
- Chest up
- Use Squat to absorb landing
- Knees over toes

⇓ **OPTION: SQUAT**

2

Contrast Tri Sets

MUSIC	EXERCISE
0.00	Set up track and first exercise: Lateral Sprint (x8), Single Leg Jump Lunge (x4) (outside leg) (L+R)
	SET 1
0.34	Lateral Sprint (x8), Single Leg Jump Lunge (x4 outside leg) (L+R)
1.04	Frog Plank Jump
1.35	Lateral Sprint (x8), Alternating Jump Lunge (x4) (L+R)
2.02	Recovery and set up first move of the next combination: Alternating Staggered Push Up (L+R)
	SET 2
2.29	Alternating Staggered Push Up (L+R)
2.59	High Knee Run OTS (x8), Fast Run Forward (x4), High Knee Run OTS (x8), Fast Run Back (x4)
3.28	Side Climber (x1) Push Up (x1) (L+R)
3.56	Recovery and set up first move of the final combination: Lateral High Knee Run (x8), Lateral Squat Jump (x4)
	SET 3
4.23	Lateral High Knee Run (x8), Lateral Squat Jump (x4) (L+R)
4.55	Wide Knee Mountain Climber (L+R)
5.25	Lateral High Knee Run (x8), Lateral Tuck Jump (x4) (L+R)
5.53	Recovery
6.21	Repeat SET 1
7.49	Recovery
8.16	Repeat SET 2
9.43	Recovery
10.10	Repeat SET 3
11.38	Recovery

TRACK SET UP

This track is called Contrast Tri Sets. 6 x 90 second sets with 3 different exercises in each. The first exercise pre-fatigues the primary muscle group, and the second focuses on a different muscle group to allow recovery time and maintain intensity. The third set of work is an explosive variation of the first exercise.

COACHING TIP

Set up and explain the block clearly and effectively. Always demonstrate the first exercises so the team are ready to go as soon as the countdown hits! First round of floor coaching should always be Layer 1 focused; all compulsory and technical cues. For example: Layer 1 Lateral Sprint coaching would be "feet wide, knees soft, chest up". These coaching cues tell the class how to do the move and do it safely. Layer 2 coaching is all about how to do the move better. For example: Layer 2 Lateral Sprint coaching could focus on achieving a faster Side Sprint. Erin challenges the team to stay light on their feet as possible, and her floor coaching follows through. Layer 2 floor coaching should be an extension of what has just been demonstrated or outlined as the track objective; in this case, speed!

CONNECTION

Praise in this workout environment is very important because people are working really hard and pushing beyond their comfort zones. In the recoveries, start by acknowledging the effort that has gone into the previous set of work. Give the class time to breathe and don't overload them with information in the down time. Demonstrate the next move while the team mentally prepare for the work ahead.

DRIVE

Adding an explosive kicker to pre-fatigued muscles will activate more muscle fiber and lead to faster changes in body tone and shape. With the shift in muscle focus in round 2 of 3 the team should be able to keep high intensity for the whole minute and a half of the set. Use these benefits as drivers to encourage the class, especially in the last 30 seconds of work. It's important the team know what they are getting out of the workout.

HIIT SCIENCE

The explosive kickers at the end of each 90 second block are designed to increase muscle fiber recruitment by challenging the rate of force production in the target muscles. This is the fastest way to change muscle shape.

LATERAL SPRINT WITH SINGLE LEG JUMP LUNGE

- Hands over head to the right
- Backward-Stepping Lunge with outside leg
- Chest up – abs braced
- Knee out – front thigh parallel

⇓ **OPTION: JOG OTS, BACKWARD-STEPPING LUNGE**

NEW MOVE FROG PLANK JUMP

- Start in Plank
- Abs braced – Hips down – Back straight
- Jump in – Knees to 90 degrees

⇓ **OPTION: WALK FEET IN AND OUT**



LAYER 2 COACHING TIP

- Cork screw hands into the floor. Shoot knees back into plank



LATERAL SPRINT WITH ALTERNATING JUMP LUNGE

- Same pattern as set 1
- Long step – Chest up
- Use Lunge to absorb landing

⇓⇓ OPTION: JOG OTS, BACKWARD-STEPPING LUNGE

NEW MOVE ALTERNATING STAGGERED PUSH UP

- Hands alternate between narrow and wide with each Push up
- Chest to elbow height
- Abs braced – Back straight
- Hips and shoulders square

⇓⇓ OPTION: ON KNEES



HIGH KNEE RUN OTS WITH FAST RUN FORWARD AND BACK

- High Knee Run, 4 quick steps forward, High Knee Run, 4 quick steps back
- Chest up
- Drive the arms

⇓⇓ OPTION: LOW KNEES, JOG FORWARD AND BACK

LAYER 2 COACHING TIP

- Push out of the high knee run like a sprinter

NEW MOVE SIDE CLIMBER PUSH UP

- Feet return to center and drop into a Push Up
- Feet jump to side coming out of Push Up
- Abs braced
- Knees to 90 degrees

⇓⇓ OPTION: SINGLE KNEE CLIMBER, PUSH UP ON KNEES



LATERAL HIGH KNEE RUN WITH LATERAL SQUAT JUMP

- Bent knee landing on Squat Jumps
- Feet wide
- Chest Up
- Abs braced

⇓⇓ OPTION: RUN OTS, ALTERNATING SIDE STEPPING SQUAT

WIDE KNEE MOUNTAIN CLIMBER

- Knees to elbows, alternating sides
- Explosive movements
- Abs braced – Back straight
- Hips down

⇓⇓ OPTIONS: ON KNEES OR SLOWER

LAYER 2 COACHING TIP

- How fast can you switch your knees?

LATERAL TUCK JUMP

- Absorb landing in Squat
- Chest up
- Abs braced

⇓⇓ OPTIONS: STRAIGHT LEGGED JUMP OR ALTERNATING SIDE SQUAT

3

Tabata

MUSIC EXERCISE

0.00 Set up track and demo the first exercise: Surfer Burpee (L+R)

0.44 **Surfer Burpee (L+R)**

1.04 Recovery: Set up Diagonal Bear Crawl (L+R)

1.14 **Diagonal Bear Crawl (L+R)**

1.34 Recovery: Set up Lateral Shuffle (x2) (L+R)

1.44 **Lateral Shuffle (x2) (L+R)**

2.04 Recovery

2.14 **Surfer Burpee (L+R)**

2.34 Recovery

2.44 **Diagonal Bear Crawl (L+R)**

3.04 Recovery

3.14 **Lateral Shuffle (x2) (L+R)**

3.34 Recovery

TRACK SET UP

Time to kick it up a notch! Tabata training: 3 exercises completed twice with a 20/10 work/rest ratio. Clearly demonstrate the exercises throughout the workout during recovery and set up periods. This is not an easy workout! Give the track into a little more lift and urgency to set the tone of Tabata training. A clear set up and demonstration will let the team know what's in store.

COACHING TIP

The changes between sets are quick, so know the music well and don't overload your script; keep it simple, clear and effective!

CONNECTION

The intensity of the workout means that you need to spend quality time with individuals when floor coaching. As the aim is for fast fatigue, the focus on the floor is to get the team smashing out maximum reps from the first round. Remember that it's ok for members to take a break. Avoid language such as "keep going", as this may encourage the team to check out of the hard work just to make it to the end of the sets. Explaining the benefits of the workout will let people know why this training is so effective. When you're up the front show them what real speed looks like!

DRIVE

Tabata sets have been proven to deliver the most effective intervals to shift fitness and change body shape. To achieve this, coach your team to push their limits in every set and aim for fast fatigue. Really sell the point that the sets are only 20 seconds in duration. Failure in these sets is success!

HIIT SCIENCE

Short sets of 20 seconds duration provide the perfect opportunity to max out in each block. Tabata sets have been shown to produce the highest intensity peaks in GRIT workouts.

SURFER BURPEE

- Feet wide
- Butt down and back – just above knees
- Chest up – abs braced
- Abs braced as feet jump back
- Squat, Plank, Squat,
- Quarter turn (from side to front)

↓↓ OPTION: WALK FEET BACK INTO PLANK AND SQUAT INSTEAD OF QUARTER TURN



DIAGONAL BEAR CRAWL

- Alternating sides, 4 steps diagonal forward and back (hands and feet)
- Abs braced
- Hips down, knees close to the floor
- Repeat in other direction

LATERAL SHUFFLE

- 2 Lateral Shuffles with tap towards floor
- Chest up

4

Integrated Super Sets

MUSIC	EXERCISE
0.00	Set up first combination of exercises: Wide Knee Tuck (x2), 3 Step Run (L+R) and Star Push Up
	SET 1
0.35	Wide Knee Tuck (x2), 3 Step Run (L+R)
1.04	Star Push Up
1.35	Recover and set up second combination of exercises: Wide Tuck (x1), Butt Tuck (x1), High Knee Run OTS (x8) and Diagonal Mountain Climber (L+R)
	SET 2
1.54	Wide Tuck (x1), Butt Tuck (x1), High Knee Run OTS (x8)
2.24	Diagonal Mountain Climber (L+R)
2.53	Recovery
3.14	REPEAT SET 1
4.13	Recovery
4.33	REPEAT SET 2
5.35	Recovery

TRACK SETUP

Integrated Super Sets. 4 rounds, 1 minute each, with 2 moves back to back for 30 seconds. Clearly set up the first move in block 1 and show the second exercise while in the workout. There is plenty of time in the set up to give the team some time to recover from Tabata intervals, then ease them back into the next big block of work. This track should still feel busy, particularly in the second round.

COACHING TIP

New moves such as the Star Push Ups need to be coached correctly. Make sure quality time is spent checking technique and giving options in the first round; some of these moves are tough and some individuals are likely to need extra attention. Don't be afraid to repeat important technical cues if they didn't land the first time. Round 2 is all about Layer 2 coaching, so help people to move faster in the exercise to drive their heart rate through the roof.

CONNECTION

Connect with the team by motivating them to move faster but make sure they know how to do it safely. For example a Layer 2 for Star Push Ups could be to Jack the feet faster, as this results in more reps achieved in 30 seconds. Go hard in the workout as well, so that you lead by example.

DRIVE

Integration between upper and lower body exercises means intensity should be high for the whole minute. While the legs work, the arms recover and vice versa. Use this as a good focus for Layer 2 coaching to get more reps and intensity out of the rested muscles. The benefit of this training is entire body conditioning. Members will increase their aerobic capacity, burn fat and increase muscle tone, all at the same time: Winning! Remember to share this information with the team as they want to know why they are pushing themselves and what they are getting out of the workout!

HIIT SCIENCE

Integrated Super Sets flip the muscle focus every 30 seconds to allow us to keep the intensity high for the full minute. They also require input from every muscle in the body – soaking up stored energy and changing body composition.

WIDE KNEE TUCK WITH 3-STEP RUN

- Wide Knee Tuck x2
- 3-Step Run with knee lift to each side
- Bent knee landing
- Feet wide

⇓ OPTION: 2 SQUATS INSTEAD OF WIDE KNEE TUCK

NEW MOVE STAR PUSH UP

- Press down, Jack feet twice, press up
- Chest to elbow height
- Abs braced, back straight

⇓ OPTION: SINGLE PUSH UP ON KNEES



WIDE TUCK, BUTT TUCK, HIGH KNEE RUN

- Abs braced
- Feet wide
- Bent knee landing

⇓ OPTION: 2 SQUATS AND JOG OTS

LAYER 2 COACHING TIP

- You have machine gun legs; Bang Bang Bang!

DIAGONAL MOUNTAIN CLIMBER

- Knee to opposite elbow
- Abs braced
- Butt down
- Cork screw hands into the floor

**⇓ OPTIONS:
SLOWER OR
ON KNEES**



5

Anaerobic Challenge (Competition Track)

MUSIC	EXERCISE
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0:00	Set up track and demo exercises: Snowboarder (x6), Plank Skier (x6)
------	---

0:20	Snowboarder (x6), Plank Skier (x6)
------	---

1:50	Recovery
------	----------

TRACK SETUP

Best for last! The Anaerobic Challenge is 90 seconds of pure speed focus. This is the perfect duration to push into maximum training zones and shift fitness up a gear, fast! 2 moves, 6 reps each.

COACHING TIP

The aim is to complete as many full rounds as possible. You do not have a lot of set up time so follow Marcus: short, sharp and to the point.

CONNECTION

There is light at the end of the tunnel! Acknowledge all the hard work the team has put in so far. Lift the energy back up and get the team pumped for one last challenge! Even though this is the last track, set up technique and safety. Have fun with some creative dialogue to bring the atmosphere alive. The last 30 seconds you can really turn it up a notch! Drive a depth and range focus and concentrate on the conditioning and fat loss benefits to really give a motivational kicker at the end.

DRIVE

Pushing at maximum power for 90 seconds will deliver the changes to the body that are specific to HIIT. If you want the results, you have to work for them! Let your team know what they have to gain from working hard in this track! Push hard at the time and burn fat for hours after the class. Watch how at the end Erin jumps in for the last reps with the team. This is the perfect way to lead the pack and encourage maximum success!

HIIT SCIENCE

90 seconds of speed training is perfect for shifting our anaerobic threshold. Pushing into this zone – where we can no longer use oxygen for fuel – is the fastest way to shift your fitness.

SNOWBOARDER

- Feet wide
- Chest up
- Abs braced as body/trunk turns
- Knees bent on landing

⇓ OPTION: ALTERNATING BACKWARD-STEPPING SQUAT

NEW MOVE PLANK SKIER

- Start in Plank
- Jumping side to side approx. 45 degree angle with slight knee bend
- Two feet take off, two feet land
- Alternate jumps from corner to corner
- Abs braced – back straight

⇓ OPTION: WALKING PLANK



6

Core

MUSIC	EXERCISE	REPS
0.00	Set up track and demo the first exercise: Triple Pulse Crunch with Extension	
0.20	Triple Pulse Crunch with Extension	4x
0.40	Extended Arms and Legs Hold	
1.00	Triple Pulse Crunch with Extension	6x
1.30	Hover Hold	
1.50	Walking Hover Slow (L+R)	
1.56	Walking Hover Fast (L+R)	28x
2.31	Hover Hold	
3.00	Recovery	

TRACK SETUP

The Core track is really important but it doesn't need to be taught at the same level as HIIT training. Celebrate with the team, acknowledge the hard work they have just accomplished and ease into the setup.

COACHING TIP

Take time to explain why having a strong core is important and how it can benefit training.

CONNECTION

Your coaching in this track should be at a much less intense volume and try to slow everything down, your team will still be recovering from the previous track! Even change up the language to be more relaxed and friendly. Offer one on one coaching on the floor and don't be afraid to hit some of this killer core work yourself.

DRIVE

There are so many benefits to core training that our members don't know about! It's time to educate them! Physical strength starts in the core. Your abs stabilize the rest of your body and they allow your body to move as an integrated unit. Core training is a fundamental part of fitness training; the stronger your core, the better you will train!

HIIT SCIENCE

A strong core is the secret to getting the most out of speed training. Driving force from the floor to the upper body relies on optimal core strength and control.

NEW MOVE

TRIPLE PULSE CRUNCH WITH EXTENSION

- Extend arms and legs
- 3 Pulses with knees over hips
- Slide ribs to hips
- Tuck chin
- Brace abs to keep lower back toward the floor on Extension

↓↓ **OPTION: FEET DOWN, HANDS LOWERED BY HIPS**

HOVER HOLD

- Elbows under shoulders
- Back long and straight
- Abs braced

↓↓ **OPTION: ON KNEES**

WALKING HOVER

- Alternating arm and leg lift
- Brace abs to support the mid section and minimise rocking
- Hips square to ground

↓↓ **OPTION: ON KNEES**



	TRACK	ARTIST	
1	What You Wanna Do © 2015 Jean Tonique - Grand Musique Management. Written by: Roux, Dirty Radio	Jean Tonique feat. Dirty Radio	3:07
2	Scud Books © 2015 Warp Records Limited. Written by: Birchard	Hudson Mohawke	2:30
	Trophies © Terrorhythm Recordings 2015. Written by: Saamena	GANZ	1:55
	Gravity Waves © 2015 SoySauce. Written by: SoySauce, Saturn	SoySauce feat. Saturn	1:55
	Scud Books © 2015 Warp Records Limited. Written by: Birchard	Hudson Mohawke	1:55
	Trophies © Terrorhythm Recordings 2015. Written by: Saamena	GANZ	1:55
	Gravity Waves © 2015 SoySauce. Written by: SoySauce, Saturn	SoySauce feat. Saturn	1:32
3	There You Are © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, Vega, van de Geer	Panhead	3:41
4	Samurai © 2015 Lookas. Written by: Lookas	Lookas	1:55
	Dino War © Terrorhythm Recordings 2015. Written by: Saamena	GANZ	1:20
	Samurai © 2015 Lookas. Written by: Lookas	Lookas	1:20
	Dino War © Terrorhythm Recordings 2015. Written by: Saamena	GANZ	1:04
5	Trigger © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Cool Park	1:53
6	Forever (Pt. II) © 2015 Les Mills Music Licensing Ltd. Written by: Byrne, Dickinson, David, Janiak, Jones, Ivory, Washington, Taylor, Young	Recycling Chalk	3:03
OUTRO	Revival © 2015 Les Mills Music Licensing Ltd. Written by: Hobbs	Popping Blue	0:25

OUR DECLARATION OF INTENT

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.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

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