

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.

What You Wanna Do > 3.07 mins

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

**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**

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



Scud Books/Trophies/Gravity Waves > 11.42 mins

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

There You Are > 3.41 mins

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

Samurai/Dino War > 5.39 mins

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 heartrate 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)

Trigger > 1.53 mins

MUSIC	EXERCISE
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

Forever (PT. II) > 3.03 mins

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 Goer	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