

LES MILLS GRIT PLYO

Angela > 3.09 mins

1 Accelerated Warmup

SETUP

- A heavy plate and bench

MUSIC	EXERCISE
0.00	Start Standing on Bench
0.16	Backward-Stepping Bench Lunge (L+R)
0.27	Alternating Bench Jump Lunge (L+R)
0.37	Alternating Bench Scissor Lunge (L+R)
0.59	Off Set Squat on Bench (x4) Jump Across Bench (x1)
1.20	Off Set Squat Press on Bench (x4) Jump Across Bench (x1)
2.03	Bench Push Up
2.25	Squat Jump On and Off Bench Plate to Collarbones
2.47	Plate Clean and Press On and Off Bench
3.02	Recover

CLASS SETUP

It's time to jump! Use this track to talk to your team about what they can expect in the workout ahead. High Intensity Interval Training or HIIT is a workout that alternates between intense bursts of activity and fixed periods of rest. The main focus of LES MILLS GRIT Plyo is to hit intense bursts of energy with height and explosive focus. Plyometric training focuses on increasing the strength and efficiency of the fast twitch fibers. 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 anytime during the workout. Most importantly, inject high energy and have fun from the start!

COACHING TIP

Get your team ready for a powerful workout! Benches are still the same but weight selection is different this round. Let the class know they will need two equal plates for track 5. GRIT moves to it's own beat, so don't focus on doing movements to the beat of the music in the warm up – participants can work at whatever pace works for them. A lot of the moves you teach in the warm up will be repeated throughout the class, so demonstrate them well and give all correct technical and safety cues.

CONNECTION

The class intro sets the tone of the workout. Ben is upbeat and cool; he sets up a fun and relaxed environment and talks to the team as if they are old friends. The workouts are hard enough on their own so you don't have to be! Mix up how you deliver the set up to the class too. Notice how Ben gives half the class set up before the warm up, and continues to intro the team and the workout once the work has started. Try and keep the intro short and to the point. The aim is to get people amped and ready for an epic 30 minute workout!

HIIT SCIENCE

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

BACKWARD-STEPPING BENCH LUNGE

- Feet hip-width – long step back
- One foot on bench, the other on floor
- Front thigh parallel to floor in bottom of Lunge
- Knee in line with toes
- Chest up
- Abs braced
- Body stays upright

ALTERNATING BENCH JUMP LUNGE

- Jump into long Lunge
- One foot on the bench, one on the floor
- Brace abs to jump feet back on the bench
- Alternate sides

⇓ OPTION: BACKWARD-STEPPING LUNGE

ALTERNATING BENCH SCISSOR LUNGE

- Jump into lunge – one jack on the bench, one on the floor
- Brace abs to jump and change legs
- Bend knees to land
- Push out of front heel
- Alternate sides

⇓ OPTION: BACKWARD-STEPPING LUNGE



Angela > 3.09 mins

OFF SET SQUAT ON BENCH WITH JUMP ACROSS BENCH

- Plate at collarbones
- Feet wide
- Butt back and down
- Chest up
- Abs braced
- Jump across bench, bent knee landing
- Whole foot on bench

⇓⇓OPTION: WALK ACROSS BENCH**OFF SET SQUAT PRESS ON BENCH WITH JUMP ACROSS BENCH**

- Elbows slightly forward in overhead press

⇓⇓OPTION: PLATE AT COLLARBONES**BENCH PUSH UP**

- Hands slightly wider than shoulders on bench
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight

⇓⇓OPTION: ON KNEES**SQUAT JUMP ON AND OFF BENCH PLATE TO COLLARBONES**

- Straddling bench, jump 2 feet on then off and land in half Squat
- Butt back and down
- Knees soft to land
- Chest up
- Core braced
- Elbows locked in by ribcage

⇓⇓OPTION: WALK FEET ON AND OFF BENCH**PLATE CLEAN AND PRESS ON AND OFF BENCH**

- Bent knee landing
- Chest up
- Abs braced
- Elbows slightly forward in overhead Press
- Keep plate close to body

⇓⇓OPTION: WALK FEET ON AND OFF BENCH

2 Contrast Tri Sets

SETUP

- Heavy plate and bench

MUSIC EXERCISE

0.00	Set up track and first exercise: Lateral Bench Jump with Plate (L+R)
	SET 1
0.33	Lateral Bench Jump with Plate (L+R)
1.03	Push Up Bear Crawl OTS (L+R)
1.34	Lateral Bench Jump (L+R)
2.05	Recovery and set up first move of the next combination: Off Set Push Up on Bench (x3) (L+R)
	SET 2
2.29	Off Set Push Up on Bench (x3) (L+R)
3.00	Sumo Plyo Bench Jump
3.30	Off Set Push Up with Single Row (x3) (L+R)
3.59	Recovery and set up first move of the final combination: Backward Stepping Lunge Off Bench with Plate Overhead (L+R)
	SET 3
4.26	Backward-Stepping Lunge Off Bench with Plate Overhead (L+R)
4.54	Plate Press Overhead (x1), Press Forward (x1)
5.24	Plyo Lunge on Bench (L+R) (No Plate)
5.54	Recovery
6.20	Repeat SET 1
7.51	Recovery
8.15	Repeat SET 2
9.45	Recovery
10.12	Repeat SET 3
11.39	Recovery

You Know / Thug Panda / Copy Cat > 11.45 mins

TRACK SETUP

This track is called Contrast Tri-Sets. 6 rounds, 90 seconds with 3 different exercises in each. The first exercise pre-fatigues the primary muscle group, 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 this 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 Bench Jump with Plate coaching would be; "Chest up, abs braced, knees soft." These coaching cues tell the class how to do the move and safely. Once setup with how to do the move, Layer 2 coaching is all about how to do the move better. For example : Lateral Bench Jump, a Layer 2 focus question could focus on: how do we get our team jumping higher off the bench? Ben challenges the team to drive out of the Squat and off the bench. His floor coaching becomes focused on getting people to jump higher. Floor coaching should be an extension of what has just been demonstrated or outlined as the track objective; in this case explosive activation!

CONNECTION

Plyometric training is hard! Praise in this workout environment is really important because people are working 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 in the down time. Demonstrate the next move while members 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. Plyometric training means greater muscle fiber recruitment which results in speed and strength gains. Use these benefits as drivers to motivate 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 BENCH JUMP WITH PLATE

- Elbows under plate
- One foot on bench
- Drive off 2 feet over the bench
- Bent knee landing
- Chest up
- Abs braced

⇓ **OPTION: ALTERNATING OFF SET STEPPING SQUAT**

NEW MOVE

PUSH UP BEAR CRAWL OTS

- Step right hand, left leg forward into Bear Crawl position, then alternate sides
- Abs braced
- Hips and shoulders square
- Chest to elbow height

⇓ **OPTION: ON KNEES**



**LATERAL BENCH JUMP**

- Feet wide – chest up
- Drive laterally off two feet
- Jump over bench
- Use arms to get height
- Bent knee landing

⇓ **OPTION: OFFSET ALTERNATING SQUAT**

OFF SET PUSH UP ON BENCH

- Hands outside shoulders – one on bench, one on floor
- Back long, strong and straight – abs braced
- Drop chest to elbow height of arm on the bench
- Shuffle hands across bench
- Repeat on other side

⇓ **OPTION: ON KNEES**

SUMO PLYO BENCH JUMP

- Start with feet wider than hips, straddling bench
- Jump up and onto bench
- Explode off bench as soon as feet make contact
- Soft knee landing – knees out as you make contact with floor
- Go for depth and height
- Use Squat to absorb landing

⇓ **OPTION: WALK ON AND OFF BENCH**

OFF SET PUSH UP WITH SINGLE ROW

- Hands outside shoulders – one on bench, one on floor
- Back long, strong and straight – abs braced
- Drop chest to elbow height of arm on the bench
- In Push Up, Row arm on the floor 3 times
- Shuffle hands across bench
- Repeat on other side

⇓ **OPTION: ON KNEES**

BACKWARD-STEPPING LUNGE OFF BENCH WITH PLATE OVERHEAD

- Feet hip-width – long step back
- One foot on bench, the other on the floor
- Front thigh parallel to floor in bottom of Lunge
- Knee in line with toes
- Chest up
- Abs braced as you hold plate over head
- Body stays upright
- Elbows slightly forward

⇓ **OPTION: PLATE AT COLLARBONES, NO PLATE**

NEW MOVE**PLATE PRESS OVERHEAD AND PRESS FORWARD**

- Maintain Squat position
- Plate Press Forward in line with shoulders then above the head
- Abs braced – chest up
- Elbows slightly forward in Overhead Press

**PLYO LUNGE ON BENCH**

- Chest up
- Abs braced
- Use Lunge to absorb impact
- Use arms to generate height

⇓ **OPTION: BACKWARD-STEPPING LUNGE OFF BENCH**

3 Tabata

SETUP

- A heavy plate and bench
- Turn bench 90 degrees

MUSIC EXERCISE

0.00	Set up track and demo the first exercise: Off Set Squat Jump on Bench with Plate Press x 3 (L+R)
0.44	Off Set Squat Jump on Bench with Plate Press x 3 (L+R)
1.04	Recovery: Set up Plate Clean and Press On/Off Bench
1.14	Plate Clean And Press On/Off Bench
1.34	Recovery: Set up Tuck Jump (x2), Run Forward Bench Tap, Run Back (L+R)
1.44	Tuck Jump (x2), Run Forward Bench Tap, Run Back (L+R)
2.04	Recovery
2.14	Off Set Squat Jump on Bench with Plate Press x3 (L+R)
2.34	Recovery
2.44	Plate Clean and Press On/Off Bench
3.04	Recovery
3.14	Tuck Jump (x2), Run Forward Bench Tap, Run Back (L+R)
3.34	Recovery

There You Are > 3.41 mins

TRACK SETUP

Time to crank it up! Tabata training: 3 exercises completed twice with a 20/10 work/rest ratio. Clearly demonstrate the exercises throughout the workout during recovery 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 with one plate 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! Demonstration in Tabata works best if each exercise is demonstrated during 10 second recoveries.

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. Notice how Erin explains to the team that it's ok to stop; she wants the team to smash themselves. Being present and encouraging on the floor will help the participants to push hard. When you're up the front show them what real jumps looks like! Always give the team something to aspire too.

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! The last 3 rounds should be a maximum energy blow out. Lift the energy and drive the workout home hard in the last 20 seconds.

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.

OFF SET SQUAT JUMP ON BENCH WITH PLATE PRESS

- One foot on bench, 3 Squat Jumps with Plate Press
- Travel across the bench to other side
- Feet wide
- Chest up
- Bent knee landing
- Elbows forward on Plate Press
- Abs braced

⇓ **OPTION: 3 OFF SET SQUAT ON BENCH WITH PLATE PRESS, STEP OVER BENCH, NO PLATE PRESS**

PLATE CLEAN AND PRESS ON AND OFF BENCH

- Bent knee landing
- Chest up
- Abs braced
- Elbows slightly forward on Press
- Keep plate close to body

⇓ **OPTION: WALK FEET ON AND OFF BENCH, NO PLATE**

TUCK JUMP WITH RUN FORWARD BENCH TAP, RUN BACK

- 2 Tuck Jumps, sprint forward, touch bench, sprint back
- Feet wide
- Bent knee landing
- Wide knee Tuck
- Chest up when hands touch the bench

⇓ **OPTION: 2 SQUATS INSTEAD OF TUCK JUMP**

4 Integrated Super Sets

SETUP

- A bench

MUSIC EXERCISE

0.00 Set up first combination of exercises; Long Jump Over Bench (x1), Half Turn (x1) Advanced Option: High Jump Off Bench (x1)

SET 1

0.34 Long Jump Over Bench (x1), Half Turn (x1)

1.04 Walking Plank On/Off Bench (L,R,L,R)

1.34 Recover and set up second combination of exercises:
Off Set Vertical Jump on Bench (x3), Lateral Quick Step (x3) (L+R)

SET 2

1.54 Off Set Vertical Jump on Bench (x3), Lateral Quick Step (x3) (L+R)

2.24 Frog Jump Push Up

2.54 Recovery

3.14 REPEAT SET 1

4.14 Recovery

4.34 REPEAT SET 2

5.36 Recovery

Diamonds / Dino War > 5.39 mins

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

In the first set there is the advanced option of a High Jump Off Bench with half turn. Set up the Long Jump Over Bench first and introduce the advanced option halfway through the set. This will create a progressive flow from one level to the next. Pre-cue each new move slightly before the 30 second countdown, so the team can respond and jump quickly into the next block of 30 seconds.

CONNECTION

Participants should get an adrenaline buzz from the high jump movements in the track. Connect with the team by motivating them to jump higher, but make sure they know how to do it safely. For example: For the Long Bench/High Bench Jump, Erin says "Use the floor or bench as a springboard to drive you into the air". A surge of energy hits the team in response and they all start jumping higher. Creative and direct Layer 2 coaching can produce some incredible results and shifts in workout performance, so don't be afraid to play in this space!

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.

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 benefits of this training is entire body conditioning. Your team 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!

LONG JUMP OVER BENCH WITH HALF TURN

- Jump over the step, 180 turn, then repeat
- Feet wide
- Chest up
- Use Squat to absorb landing

⇓ **OPTION: JUMP ON AND OFF BENCH**

⇓ **ADVANCED OPTION: HIGH JUMP OFF BENCH**

LAYER 2 COACHING TIP

- Use the ground or step as a springboard to jump higher

WALKING PLANK ON/OFF BENCH

- Walk hands down, down, up, up
- Abs braced
- Hips square

⇓ **OPTION: ON KNEES**



OFF SET VERTICAL JUMP ON BENCH WITH LATERAL QUICKSTEP

- Bench vertical
- One foot on bench, 3 vertical jumps
- Feet wide
- Chest up
- Butt back and down
- Use Squat to adsorb landing

⇓ **OPTION: OFF SET SQUAT, STEP OVER BENCH TO OTHER SIDE**

LAYER 2 COACHING TIP

- Drive out of the Squat for height

FROG JUMP PUSH UP

- In Plank position, hands on bench, knees to 90 degrees then jump back into Plank to Pushup
- Hips square and down
- Abs braced
- Chest to elbow height in Push Up

⇓ **OPTION: WALK FEET IN AND OUT, PUSH UP ON KNEES**

LAYER 2 COACHING TIP

- Cork screw palms into floor and shoot the legs into plank



5

Anaerobic Challenge (Competition Track)

System > 1.54 mins

SETUP

- A bench and two plates

MUSIC EXERCISE

0.00	Set up track and demo exercises: Side Climber Hands on Bench (x6) Squat Jump with 2 Plates (x6)
0.19	Side Climber Hands on Bench (x6) Squat Jump with 2 Plates (x6)
1.49	Recovery

TRACK SETUP

Best for last! The Anaerobic Challenge is where we really boost muscle power, strength, balance and agility with 90 seconds of explosive training. This is the perfect duration to push into the maximum training zone and shift fitness 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 who is short, sharp and to the point. This workout uses maximum power to strengthen muscles. The moves are quick and explosive, so prepare your team to use a lot more energy than they do in a typical strength-training session.

CONNECTION

There is a 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. In the last 30 seconds you can really turn it up a notch!

DRIVE

This last 90 second smash will strengthen the tissues and muscles that are involved in running faster, jumping higher and throwing further. Going hard for 90 seconds will deliver the body changes 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 if they push hard during the workout, they will burn fat for hours after the class. Watch how Marcus is leading the pack all the way! An inspiring GRIT coach knows how to kick it hard when it counts, giving the team energy and a reboot to get them through.

HIIT SCIENCE

90 seconds of explosive 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.

NEW MOVE

SIDE CLIMBER HANDS ON BENCH

- Hands on wide side of bench
- Jump the knees out and forward to a **90 degree angle**
- 2 feet jump in and out 6 times
- **Hips down**
- **Abs braced**

↓↓ OPTION: ON KNEES, ALTERNATING KNEE TO ELBOW



NEW MOVE

SQUAT JUMP WITH 2 PLATES

- 2 plates of equal weight, one in each hand
- Jump and land in a Squat, 6 reps at a time
- **Chest up**
- **Abs braced**
- **Feet wide**
- **Use squat to absorb the landing**

↓↓ OPTION: SQUAT WITH NO JUMP, NO PLATES



6 Core

MUSIC	EXERCISE	REPS
0.00	Set up track and demo the first exercise: Hover with Alternating Leg/Arm Tap (L+R)	
0.14	Hover Hold	
0.31	Hover with Alternating Leg (x1) / Arm Tap (x1) (L+R)	4x
0.48	Hover with Alternating Leg Crawl (x1) / Arm Tap (x1) (L+R)	8x
1.21	Set up Side Oblique Crunch (L)	
1.29	Side Oblique Crunch (L)	8x
1.38	Side Oblique Crunch Leg Extension	32x
2.11	Set up Side Oblique Crunch (R)	
2.20	Side Oblique Crunch (R)	8x
2.28	Side Oblique Crunch Leg Extension	32x
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 plyometric training. Driving force from the floor to the upper body relies on optimal core strength and control.

HOVER

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

⇓ **OPTION: ON KNEES**

My Love / Your Soul > 3.05 mins

NEW MOVE

HOVER WITH ALTERNATING LEG AND ARM TAP

- Tap right hand and left foot out
- Abs braced to support midsection
- Hips and shoulders square

⇓ **OPTION: ON KNEES**

NEW MOVE

HOVER WITH ALTERNATING LEG CRAWL AND ARM TAP

- Foot forward, hand taps out to side

⇓ **OPTION: ON KNEES**

⇑ **ADVANCED OPTION: LEG CRAWL FOOT OFF THE FLOOR**



NEW MOVE

SIDE OBLIQUE CRUNCH

- Sit on the corner of the butt
- Arm in line with shoulder, knees bent
- Slide top ribs to the hip
- Chin tucked
- Push out of the arm on the floor

⇓ **OPTION: BOTTOM FOOT ON FLOOR**

⇑ **ADVANCED OPTION: LEGS LOWER**

SIDE OBLIQUE CRUNCH LEG EXTENSION

- Extend legs
- Lower back toward floor on extension
- Shoulder to opposite knee

⇓ **OPTION: KNEES BENT**



	TRACK	ARTIST	
1	Angela © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Whiteware One	3:09
2	You Know © 2015 Les Mills Music Licensing Ltd. Written by: Michel	The Wannabee	2:30
	Thug Panda © 2015 SoySauce. Written by: SoySauce	Soy Sauce	1:55
	Copy Cat © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	The Nuke Bar	1:55
	You Know © 2015 Les Mills Music Licensing Ltd. Written by: Michel	The Wannabee	1:55
	Thug Panda © 2015 SoySauce. Written by: SoySauce	Soy Sauce	1:55
	Copy Cat © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	The Nuke Bar	1:35
3	There You Are © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, Vega, van de Geer	Panhead	3:41
4	Diamonds © 2015 Dim Mak Records, Inc. Written by: Dold	Diamond Pistols	1:55
	Dino War © Terrorhythm Recordings 2015. Written by: Saamena	GANZ	1:20
	Diamonds © 2015 Dim Mak Records, Inc. Written by: Dold	Diamond Pistols	1:20
	Dino War © Terrorhythm Recordings 2015. Written by: Saamena	GANZ	1:04
5	System © 2015 Warp Records Limited. Written by: Birchard	Hudson Mohawke	1:54
6	My Love/Your Soul © 2015 Jean Tonique - Grand Musique Management. Written by: Roux	Jean Tonique	3:05
OUTRO	Revival © 2015 Les Mills Music Licensing Ltd. Written by: Hobbs	Popping Blue	0:26