

LES MILLS GRIT STRENGTH

1 Accelerated Warmup

SETUP

- A heavy plate

MUSIC	EXERCISE
0.00	Squat
0.29	Squat with Plate Arc (L+R)
0.45	Backward-Stepping Lunge (L+R)
1.01	Backward-Stepping Lunge with Press (L+R)
1.17	Plate Down
1.21	Squat Burpee
1.49	Squat Burpee with Jump
2.05	Push Up
2.21	Side Climber (x1) Push Up (x1) (L+R)
2.37	Set up Jumping Plate Snatch
2.41	Jumping Plate Snatch
3.06	Recovery – Plate down

Waiting > 3.08 mins

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 Strength is to hit intense bursts of energy with a depth, range and technique 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

Get your team ready for a dynamically awesome workout! Weight selection is different this round. Let the class know they will need to be able to decrease and increase bar weight during track 2 and that they will be using 2 free weights during track 3. 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 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. Marcus sets up a fun and relaxed environment using colloquial language and talking to the class as if they were old friends. The workouts are hard enough on their own so your coaching doesn't have to be! 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 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

NEW MOVE SQUAT WITH PLATE ARC

- Chest-up feet wide
- Sit into the Squat – Arc the plate from one hip to the other keeping the arms straight
- Abs braced
- Chest up
- Rotate from the center of the chest

⇓ **OPTION: LIGHTER WEIGHT**





Waiting > 3.08 mins

BACKWARD-STEPPING LUNGE

- Big step back
- Chest up – abs braced
- Hips square
- Front thigh parallel to the floor

BACKWARD-STEPPING LUNGE WITH PRESS

- Abs braced as plate drives up
- Elbows slightly forward

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 jump back
- Hands under shoulders
- Back long, strong and straight

⇓ **OPTION: STEP FEET BACK INTO PLANK**

SQUAT BURPEE WITH JUMP

- Bent knee landing

PUSH UP

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

⇓ **OPTION: ON KNEES**

NEW MOVE**SIDE CLIMBER WITH 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**

JUMPING PLATE SNATCH

- Jump forward with feet wide
- Plate overhead
- Brace abs in Snatch
- Use Squat to absorb the landing
- Return to narrow feet

⇓ **OPTION: STEP FORWARD, STEP BACK**

2 Contrast Tri Sets

SETUP

- A heavy bar

MUSIC	EXERCISE
0.00	Set up track and first exercise: Front Loaded Alternating Reverse Lunge (L+R)
	SET 1
0.34	Front Loaded Alternating Reverse Lunge (L+R)
1.04	Push Up with Alternating Single Arm Row (L+R)
1.35	Power Jump Lunge (L+R)
2.02	Recovery and set up first move of the next combination: Military Press (x3), Full Press (x1)
	SET 2
2.30	Military Press (x3), Full Press (x1)
3.00	Front Squat Pulse
3.30	Push Press
3.56	Recovery and set up first move of the final combination: Alternating Lateral Squat (L+R)
	SET 3
4.24	Alternating Lateral Squat (L+R)
4.55	Side Climber (L+R)
5.24	Lateral Squat Jump (L+R)
5.53	Recovery
6.20	Repeat SET 1
7.49	Recovery
8.16	Repeat SET 2
9.43	Recovery
10.10	Repeat SET 3
11.39	Recovery

The Buzz/Sons Of Lightning/Kamikaze > 11.43 mins

TRACK SETUP

This track is called Contrast Tri-Sets. 6 x 90 seconds 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 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 Front Loaded Alternating Reverse Lunge coaching would be "long step back, hips square, chest up, core braced." 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 : Front Loaded Alternating Reverse Lunge, a Layer 2 coaching could focus on achieving greater depth. Marcus challenges the team to "drive the back knee towards the floor". His floor coaching becomes focused on getting people Lunging with better range. Floor coaching should be an extension of what has just been demonstrated or outlined as the track objective; Depth and full muscle activation! Remember to give the option for members to decrease weight before the 2nd and 5th set, just as Erin does.

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.

FRONT LOADED ALTERNATING REVERSE LUNGE

- Support bar in front of collarbones
- Elbows under the bar
- Big step back
- Chest up – abs braced
- Front thigh parallel to the floor

⇓ **OPTION: BAR ON BACK**



**PUSH UP WITH ALTERNATING SINGLE ARM ROW**

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

⇓ **OPTION: ON KNEES**

POWER JUMP LUNGE

- Big step back
- Chest up – abs braced
- Hips square
- Front thigh parallel to the floor
- Bent knee landing
- Drive out of front heel

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

MILITARY PRESS/FULL PRESS

- 3 Pulses to forehead height
- Abs braced
- Elbows slightly forward

⇓ **OPTION: LIGHTER WEIGHT**

FRONT SQUAT PULSE

- Bar rests in front of collarbones
- Feet outside hips
- Elbows under the bar
- Butt sits back down just above knee height
- Chest up – abs braced
- Knees track forward in line with toes

⇓ **OPTION: BACK SQUAT**

PUSH PRESS

- Elbows slightly forward
- Brace abs to drive bar high

LAYER 2 COACHING

- Drive out of the legs

NEW MOVE**ALTERNATING LATERAL SQUAT**

- Feet step wide
- Chest up
- Abs braced
- Butt sits down and back to just above knee-height
- Knees track forward in line with toes

⇓ **OPTION: SINGLE PLATE AT COLLARBONES**

**SIDE CLIMBER**

- Abs braced
- Knees to 90 degrees
- 2 feet jump in and out
- Hips down

⇓ **OPTION: ON KNEES**

LATERAL SQUAT JUMP

- Chest up
- Feet wide
- Bent knee landing

⇓ **OPTION: ALTERNATING LATERAL SQUAT**

3 Tabata

There You Are > 3.41 mins

SETUP

- A heavy plate, 2 x lighter plates

MUSIC EXERCISE

0.00 Set up track and demo the first exercise: Squat Burpee

0.44 **Squat Burpee**

1.04 Recovery: Set up Squat with Plate Arc (L+R)

1.14 **Squat with Plate Arc (L+R)**

1.34 Recovery: Set up Single Arm Plate Snatch (L+R)

1.44 **Single Arm Plate Snatch (L+R)**

2.04 Recovery

2.14 **Squat Burpee**

2.34 Recovery

2.44 **Squat with Plate Arc (L+R)**

3.04 Recovery

3.14 **Single Arm Plate Snatch (L+R)**

3.34 Recovery

TRACK SETUP

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! Remind your team that they are going to need 2 plates for the Single Arm Plate Snatch.

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 power 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!

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.

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 jump back
- Hands under shoulders
- Back long, strong and straight

⇓ **OPTION: STEP FEET BACK INTO PLANK**

SQUAT WITH PLATE ARC

- Chest up feet wide – Sit into the Squat – we Arc the plate from one hip to the other keeping the arms straight
- Abs braced
- Chest up
- Rotate from the center of the chest

⇓ **OPTION: LIGHTER WEIGHT**



NEW MOVE

SINGLE ARM PLATE SNATCH

- Raise arm with weight while jumping into a half Squat
- Feet wide
- Chest up
- Abs braced
- Elbows slightly forward as plate rises
- Alternate sides

⇓ **OPTION: STEP IN AND OUT OF SQUAT**



LAYER 2 COACHING

- Explode under the plate

4 Integrated Super Sets

SETUP

- A heavy bar

MUSIC EXERCISE

0.00 Set up first combination of exercises:
Lateral Lunge (L+R)

SET 1

0.35 **Lateral Lunge** (L+R)

1.05 **High Pull** (x1), **Bentover Row** (x2)

1.34 Recover and set up second combination of exercises:
Front Squat Bottom Half Pulse (x4), Stand up (x1)

SET 2

1.55 **Front Squat Bottom Half Pulse** (x4) **Stand up** (x1)

2.25 **Side Climber** (x1) **Push Up** (x1) (L+R)

2.55 Recovery

REPEAT SET 1

4.14 Recovery

REPEAT SET 2

5.34 Recovery

Light It Up/Borderline > 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

Moves such as the Lateral Lunge, and Side Climber Pushup 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 members 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 with full range to drive their heart rate and get all the right muscles firing.

CONNECTION

Connect with the team by motivating them to make their movements bigger, but make sure they know how to do it. For example; the harder the core is braced in the Side Climber Push Up, the easier it will be to jump into Push Up, which in turn equals more reps in the set.

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.

LATERAL LUNGE

- Bar on meaty part of back
- Big step to the side – foot slightly forward
- Foot turned out slightly
- Chest up
- Drive laterally off foot to change direction

⇓ **OPTION: HOLD SINGLE PLATE AT COLLARBONE**

HIGH PULL / BENTOVER ROW

- 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
- Chest up – tip from the hip
- Bar goes from knees to belly

LAYER 2 COACHING

- Go for power, imagine you are pulling out a tree stump

FRONT SQUAT BOTTOM HALF PULSE

- Bar in front of collarbones
- Feet outside hips
- Elbows under the bar
- Butt sits back down, just above knee height
- Chest up – abs braced

⇓ **OPTION: BACK SQUAT**

SIDE CLIMBER / PUSHUP

- Abs braced
- Knees to 90 degrees
- 2 feet jump in and out
- Hips down
- Elbows in line with shoulders in pushup

⇓ **OPTION: SINGLE KNEE CLIMBER, PUSHUP ON KNEES**

5

Anaerobic Challenge (Competition track)

Jumpin > 1.53 mins

SETUP

- A heavy bar

MUSIC EXERCISE

0.00 Set up track and demo exercises: Squat Press (x6), Frog Jump (x6)

0.20 **Squat Press (x6), Frog Jump (x6)**

1.50 Recovery

TRACK SETUP

Best for last! The Anaerobic Challenge is 90 seconds of power. 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 Erin who is short, sharp and to the point. You can still move at a good pace with strength training, but never sacrifice technique for speed!

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 power 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.

SQUAT PRESS

- Butt back and down
- Feet wide
- Elbows slightly forward
- Brace abs to drive bar high
- Drive out of the legs

NEW MOVE FROG JUMP

- Start in Plank
- Knees jump in to 90 degrees and back out to Plank
- Abs braced



LAYER 2 COACHING

- Shoot legs out to plank

6 Core

MUSIC	EXERCISE	REPS
0.00	Set up track and demo the first exercise: Plank Around the World (L+R)	
0.15	Plank Around the World (L+R)	4x
1.13	Set up: Oblique Crunch with Extension (L+R)	
1.28	Oblique Crunch with Extension (L+R)	12x
2.12	Set up: Plank Around the World (L+R)	
2.19	Plank Around the World (L+R)	3x

That's Love > 3.03 mins

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 set up.

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. Try to slow everything down, as your team will still be recovering from the previous track, soften/lighten your 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 power training. Driving force from the floor to the upper body relies on optimal core strength and control.

NEW MOVE

PLANK AROUND THE WORLD

- Start in Plank
- Walk hands, front, side, wide and in
- Abs braced
- Hips square
- Butt down
- Alternate sides

⇓ OPTION: ON KNEES



NEW MOVE

OBLIQUE CRUNCH WITH EXTENSION

- On back
- Bring opposite shoulder to knee with arm and leg extension between each set
- Abs braced
- Lower back toward the floor
- Chin tucked

⇓ OPTION: FEET DOWN



	TRACK	ARTIST	
1	Waiting © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	White Concept	3:08
2	The Buzz © 2015 Elefant Traks Operations Pty Ltd. Under exclusive license to Nettwerk Productions Ltd. Written by: Stuart, Dubber, Levinson	Hermitude feat. Mataya & Young Tapz	2:30
	Sons Of Lightning © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Lemon & The Nightmare	1:55
	Kamikaze © 2015 Yobro Records. Written by: Diehl	YOUNG BROTHER	1:55
	The Buzz © 2015 Elefant Traks Operations Pty Ltd. Under exclusive license to Nettwerk Productions Ltd. Written by: Stuart, Dubber, Levinson	Hermitude feat. Mataya & Young Tapz	1:55
	Sons Of Lightning © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Lemon & The Nightmare	1:55
	Kamikaze © 2015 Yobro Records. Written by: Diehl	YOUNG BROTHER	1:33
3	There You Are © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, Vega, van de Geer	Panhead	3:41
4	Light It Up © 2015 Les Mills Music Licensing Ltd. Written by: Pentz, Fender, Malcolm, Colm, Meckseper, Swift, Thorbourne	Anytime Saturday	1:55
	Borderline © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Mortal Thrill	1:20
	Light It Up © 2015 Les Mills Music Licensing Ltd. Written by: Pentz, Fender, Malcolm, Colm, Meckseper, Swift, Thorbourne	Anytime Saturday	1:20
	Borderline © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Mortal Thrill	1:04
5	Jumpin © 2015 Noahplausemusic. Written by: Zimbel	Noahplause	1:53
6	That's Love © 2015 Mello Music Group. Written by: El Khaleafa	Oddisee	3:03
OUTRO	Revival © 2015 Les Mills Music Licensing. Ltd Written by: Hobbs	Popping Blue	0:25