

LES MILLS
GRIT

CARDIO



RELEASE

16

FEATURES:

BODYPUMP & BONE HEALTH
MIXING RELEASES

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' and '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 enable them 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.

IT'S 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 16

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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 achieve. 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.

TRAINING PROFILE

LES MILLS GRIT CARDIO 16 OVERVIEW

What's up team? For this round of LES MILLS GRIT Series the crew HIIT up Stockholm and unleashed some next-level workouts. GRIT 16 is going to test mental and physical stamina harder than ever before. The feedback for GRIT 16 has been incredible so far and we know everyone will love this challenge! Don't forget – although there is a time to drive the workout, the most important element in GRIT is to have fun. Keep nudging the layer two focuses from last time. Once members are moving safely let's get them moving better. Remember, GRIT Cardio should always have speed-related objectives and focuses. Keep floor coaching relevant to what's been used as a Layer 2 objectives so members can understand the link between what the instructor says and how they achieve this. Corey has choreographed an epic and diverse workout with a few new moves; check them out and practise them first in the mirror before the class. GRIT Series instructors need to be physical role models, especially with the new exercises. Go forth and smash it team! Love from the GRIT 16 crew.

TRACK	TRACK NAME	TRAINING BENEFITS	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuromuscular Pre-conditioning	Program Specific
2	Pyramid 1/ Pyramid 2	Athletic Muscle Toning	Mix and Match
3	Coach Calls	Speed Agility	Mix and Match
4	Double Super Sets	Total Body Muscular Conditioning	Program Specific
5	90-Second Challenge: 10, 8, 6, 4	Metabolic After-Burn	Program Specific
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.

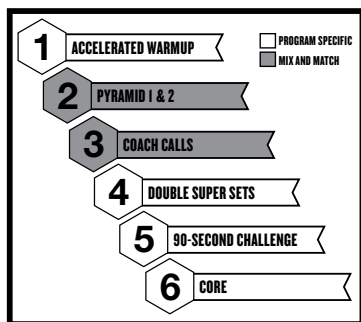
NUMBERING

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 16, LES MILLS GRIT Plyo 16, and LES MILLS GRIT Cardio 16), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 2 and 3 (see below).



Whatever track you begin the workout with dictates the type of class it is. For example, if you teach Tracks 1, 4, 5 and 6 from Strength and Track 2 and 3 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!

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 the 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



MIXING RELEASES

How you mix up tracks has a major effect on how many calories your participants will burn.

We ask that you teach each new release for at least two weeks after launching. This is to give people time to master any new exercises and become familiar with the new choreography. It also creates a bond between instructors and participants around the globe, as we all experience the magic of a new release at the same time.

But how long is too long to be teaching the same release? Should we EVER mix releases?

To answer these questions, we looked at calorie expenditure from three different new releases and measured the output in over 1,000 workouts. Each person completed three classes a week from our cardio formats, plus two BODYPUMP classes.

The first time a person completes a new class, their caloric expenditure is slightly less than in their regular classes.

Participants tell us they do not feel as confident about the exercises when they are new. However, the second time a person completes that release their caloric expenditure is back to the levels we would expect to see during a typical class.

Unfortunately, if we continue to repeat exactly the same tracks for the next three to five classes, **caloric expenditure decreases and then actually stays below normal.** Based on after-class survey data, this drop in expenditure is because the participants find the class slightly less challenging and interesting. Members know what to expect and they learn how to minimize their expenditure. Quite simply, they cheat!

Consider the people who come to YOUR class. New people will need more time to become familiar with each workout. To deliver a quality class to your members, you also need to have enough time to feel confident about the choreography. But, based upon calorie expenditure we can provide the following guidance for you and your club.

What is the ideal number of tracks to switch up every week?

- **Change RPM™ and BODYPUMP the most.** If you are teaching a regular group of members, try to **change 6 to 8 tracks per week** in order to maximize energy expenditure.
- For BODYATTACK™, BODYCOMBAT™ and SH'BAM™ try to switch out **3 to 5 tracks each week.**
- For BODYSTEP™, BODYVIVE™, CXWORX™ and BODYBALANCE™/ BODYFLOW® try to vary your playlist by **2 to 4 tracks each week.** LES MILLS GRIT Series has specific considerations for each release. Check your choreography notes for these guidelines.

When you mix releases it is important that you select your playlists carefully. Programs such as BODYCOMBAT, BODYJAM, or BODYBALANCE/ BODYFLOW often have a sequence of movements that are introduced, mastered and repeated throughout the release. Therefore, it may not be possible to follow these guidelines for every release.

And, of course, be aware of how many tracks you can switch each week while still being able to master and deliver the choreography in a clear, motivating way.

The bottom line is that we want to provide the best fitness experience in every class... so how about it? Give it a try – mix it up!

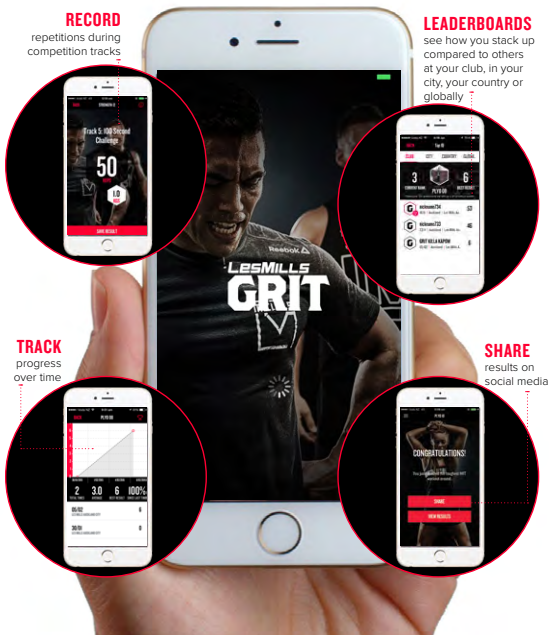
LES MILLS GRIT APP

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 mixing 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: 90-Second Challenge: 10, 8, 6, 4.

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
16	Track 5: 90-Second Challenge: 10, 8, 6, 4

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 YOU 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 and track their progress, and it will also connect them with GRITTERS within their club and around the world at the touch of a button. Users will also be able to share on social media the fact that they've just smashed the toughest HIIT workout around.

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 yet been confirmed.

What languages is the app available in?

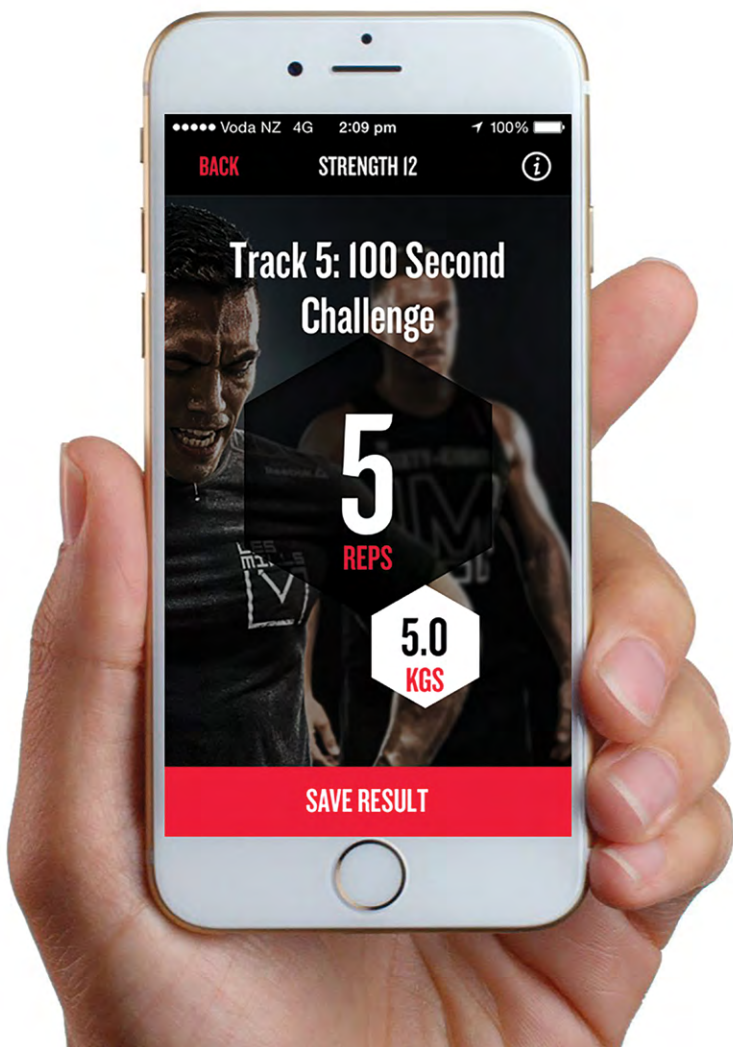
At this stage the app is only available in English.

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



BODYPUMP & BONE HEALTH

It has been predicted that, by the year 2020, osteoporosis will afflict 14 million people in the over-50 population, globally.

An additional 47 million are likely to suffer from low bone mass.

Why should we be worried?

Having low bone mineral density can be devastating as we age. Fractures of the hip are a common occurrence for older people with osteoporosis. Statistics tell us that **one in five people over 50 years of age will die within 12 months following a hip fracture**, and less than one third will regain their normal level of functioning.

Loss of bone density can start at as young as 35 years old, and after the age of 40, the rate of decline accelerates. **It's vital that we build a peak bone mass before this rapid decline**, and that we maintain this bone mass later on in life.

Resistance training is prescribed to maintain and increase bone mass. The traditional prescription has been to lift heavy loads for low repetitions. Although this type of training is accepted widely, it is not always practical for certain populations. Lifting very heavy weights in the gym can present barriers for older and untrained adults and women, for whom this type of high intensity can be outside the realm of their physical capabilities.

Les Mills BODYPUMP is highly attended, both by older participants and women. This program is seen as being more achievable and less intimidating than the traditional strength training model of heavy weights for low reps. However, until now, there has been no specific

evidence as to how BODYPUMP affects bone density.

Previous studies have presented conflicting evidence as to whether a low-load, high-repetition program can increase bone mineral density. This lack of clear consensus led us to conduct a study to discover what effect BODYPUMP can have on this issue.

A total of 20 adults completed a 27-week study at the FITOLOGY group fitness studio.

They were randomly put into two groups – either total-body resistance strength training or core strength training. The participants were 28 to 63 years of age and included people who suffered from osteopenia, and also those who were postmenopausal. These are two populations who would greatly benefit from increasing bone mineral density.

The strength training group completed classes in BODYPUMP, the core training group took classes in BODYBALANCE/BODYFLOW, and both groups also participated in RPM.

The results were rather amazing.

The group that took part in BODYPUMP saw their arm bone mineral density increase by 4%, leg by 8%, pelvis by 7% and spine by 3%.

The **BODYPUMP group gains in squat strength were 25.3% greater** than that of the core strength group. This increase in squat strength was directly related to increases in their bone density. In other words, increasing your ability to squat will improve your bone mineral density.

The other strong improvement was an increase in pelvis bone mineral density. Improving bone

density in both the pelvis and legs is extremely significant when it comes to **avoiding potentially fatal fractures of the hip.**

One of the really great things about BODYPUMP is that it is a very accessible program for older and untrained adults and women. As the load is low and you select your own weights, it is an easier program to practise long term trying to lift heavy loads in the weights room. Participants with osteopenia increased their bone density around the hip and pelvis area by 29% while our postmenopausal women saw 22% increases in the same region.

The results of this study clearly show that a low-load, high-resistance program is an effective way to increase bone mineral density. **BODYPUMP, therefore is the perfect way to stay fit and strong and remain healthy as we age.**

For more on this study, go to www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155



LES MILLS GRIT CARDIO

1

Accelerated Warmup

MUSIC	EXERCISE
0.06	Run OTS
0.37	High Knee Run OTS
1.01	Squat Burpee
1.21	Pushup
1.42	Backward-Stepping Lunge (L+R)
2.06	Jump Lunge (L+R)
2.27	Lateral Shuffle with Touch Down (L+R)
2.48	High Knee Run OTS
3.01	Recovery

CLASS SETUP

Time to get the team ready for an epic 30-minute workout! The main focus of LES MILLS GRIT Cardio is to hit intense bursts of energy with a speed training focus. As Erin says in the intro "This workout is all about smashing speed". It doesn't have to be a scientific explanation; just keep it short and simple. Let the team know the fitness benefits they will get from HIIT training and highlight the importance of options – reminding the class that it's OK to stop at anytime during the workout. Most importantly, the setup will set the tone of the workout. Members will give a lot more effort and energy if they receive it from the start – so have fun and get the energy cranking!

COACHING TIP

This round of GRIT Series Warmups really emphasizes the idea of 'Do everything in your own time'. Across the board, no Warmup moves to the beat. This is done to highlight to members that there is no pressure to keep up or in time with anyone around them. This really is the individual's workout.

A lot of the moves you teach in the Warmup are repeated throughout the class, so demonstrate them well and give all correct technical and safety cues and names!

CONNECTION

The class introduction is going to set the tone for the next 30 minutes. The workout ahead will be tough, so get members in a good frame of mind and excited for the best 30 minutes of their day!

Be inviting, build rapport and, most importantly, be yourself.

HIGH KNEE RUN

- Chest up
- Core braced

⇓ **OPTION: JOG**

SQUAT BURPEE

- Squat, jump back into Plank position, jump forward into Wide Squat
- Feet wide
- Use your Squat to transition
- Chest up
- Abs braced as feet jump back
- Jump feet in wide

⇓ **OPTION: WALK FEET OUT AND IN, NO JUMP**

PUSHUP

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

⇓ **OPTION: ON KNEES**

BACKWARD-STEPPING LUNGE

- Big step back
- Back knee towards floor
- Front thigh parallel to floor
- Chest up
- Hips square
- Abs braced

JUMP LUNGE

- Soft knees
- Hips square
- Chest up

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

NEW MOVE**LATERAL SHUFFLE WITH TOUCH DOWN**

- Lateral Wide Leg Shuffle (x2) (L+R) with tap to floor using outside hand
- Feet outside hip-width
- Chest up on Touch Down, abs braced
- Bend knees

⇓ **OPTION: LATERAL SHUFFLE WITH SQUAT, NO TOUCH TO FLOOR**

2

Pyramid 1

MUSIC	EXERCISE
0.00	Set up track and first exercise: Sprint 4/4 (F+B), Tap (L+R)
	SET 1
0.30	Sprint 4/4 (F+B), Tap (L+R)
1.00	Recovery. Set up first move of the next combination: Surfer Burpee
	SET 2
1.15	Surfer Burpee
1.45	Sprint 4/4 (F+B), Tap (L+R)
2.15	Recovery. Set up first exercise of the final combination: 180° Turning Squat Jump with Touch Down
	SET 3
2.34	180° Turning Squat Jump with Touch Down
2.56	Surfer Burpee
3.15	Sprint 4/4 (F+B), Tap (L+R)
3.35	Recovery. Set up descending Pyramid set: 180° Turning Squat Jump with Touch Down, Surfer Burpee
	SET 4
3.54	180° Turning Squat Jump with Touch Down
4.26	Surfer Burpee
4.54	Recovery. Set up final descending Pyramid set: 180° Turning Squat Jump with Touch Down
	SET 5
5.14	180° Turning Squat Jump with Touch Down
5.46	Recovery

TRACK SETUP

This track is called the Pyramid Challenge: 2 Pyramids, 5 rounds of work. In the first 3 rounds, exercises are layered into the workout. In the last 2 rounds, exercises are decreased so that intensity remains high for the entire working block.

COACHING TIP

Clearly set up and explain this block well. Always demonstrate the first exercises so the team is ready to go as soon as the countdown hits! During recovery, demonstrate all the moves that are coming in the next block of work. This is more efficient because members don't have to stop and break workout momentum halfway through sets.

First round of floor coaching should always be Layer 1 focused, all compulsory and technical cues. When on the floor, keep it relevant to the movement focus that has just been set up.

Example: Set 1 — Sprint, Tap; Layer 1 Coaching would be "chest up on Touch Down, hips square, core braced and bend knees".

These Coaching Cues tell the class how to do the move and do it safely. Once this is set up, Layer 2 coaching is all about how to do the move better. Example: a Layer 2 focus question for the Sprint, Tap could be: how do we get our team to do this move faster? In the masterclass, Erin challenges the team to "stay light on your feet and race the time; use glutes and quads to drive fast off the floor in the Touch Down". This is a great example of Layer 2 coaching. To ensure the team puts into practice what she has said, Erin's floor-coaching links back to her Layer 2 focus. Floor-coaching should be an extension of what has just been demonstrated or outlined as the track objective, and in Cardio that means speed!

DRIVE

Once you hit the peak of the Pyramid there is a light at the end of the tunnel! As the load becomes easier, motivation is needed to keep intensity high to the last set. So now it's about selling the benefits of volume training and motivating that final push to the end. Volume training in GRIT Cardio is great for testing speed and muscle endurance. It's important the team knows what they are getting out of the workout. In the last 30 seconds, lead the pack and smash it with the team! Nothing is more motivating than a coach showing what 100% looks like.

CONNECTION

These Pyramid sets are challenging, especially in GRIT Cardio. Praise in this workout environment is really important because people are working very 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; don't overload in the downtime. Moves like the Squat Burpee with Wide Knee Tuck (Pyramid 2) will test people. Some members may smash this out but remember to stay connected to those who need encouragement and support. Be there with them and help drive them to the end of the set. It's worth it to see the look on their face when they achieve something they thought was out of their reach.

HIIT SCIENCE

This training block was a speed circuit. Each explosive exercise drives intensity with the different combos delivering enough variety to keep the muscles guessing. The shorter sets as we descend allow us to keep hitting a max training zone, even under fatigue.

SPRINT TAP

- Chest up on Touch Down
- Hips square
- Abs braced
- Bend knees

↓↓ OPTION: JOG WITH NO TOUCH DOWN

LAYER 2 COACHING TIP

- Race the time, stay light on your feet and use your glutes and quads to drive off the floor quickly

SURFER BURPEE

- Squat, Plank, jump forward wide, Quarter Turn, jump back to center
- Feet wide
- Use Squat to transition
- Chest up
- Abs braced as feet jump back
- Jump feet in wide
- Alternate turn to side

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

2

Pyramid 2

MUSIC	EXERCISE
5.47	Set up track and first exercise of Pyramid 2: Jump Lunge (L+R)
	SET 1
6.15	Jump Lunge (L+R)
6.45	Recovery. Set up first exercise of the next combination: Squat Burpee with Wide Knee Tuck
	SET 2
7.00	Squat Burpee with Wide Knee Tuck
7.30	Jump Lunge (L+R)
8.00	Recovery. Set up first exercise of the final combination: Long Jump Forward (x1), Sprint Back
	SET 3
8.18	Long Jump Forward (x1), Sprint Back
8.42	Squat Burpee with Wide Knee Tuck
9.00	Jump Lunge (L+R)
9.20	Recovery. Set up descending Pyramid set: Long Jump Forward (x1), Sprint Back, Squat Burpee with Wide Knee Tuck
	SET 4
9.41	Long Jump Forward (x1), Sprint Back
10.11	Squat Burpee with Wide Knee Tuck
10.38	Recovery. Set up final descending Pyramid set: Long Jump Forward (x1), Sprint Back
	SET 5
10.58	Long Jump Forward (x1), Sprint Back
11.31	Recovery

NEW MOVE

180° TURNING SQUAT JUMP WITH TOUCH DOWN

- Feet stay wide
- Knees bent
- Abs braced
- Chest up on Touch Down



⇓ **OPTIONS:** SQUAT JUMP WITH TOUCH DOWN, FACING THE FRONT (NO 180° TURN)
SQUAT TOUCH DOWN

LAYER 2 COACHING TIP

- Speed rather than height, knees stay bent to maximize speed in the 180° Turns

LONG JUMP FORWARD, SPRINT BACK

- Use Squat to absorb landing
- Knees soft
- Feet hip-width apart
- Chest up

⇓ **OPTION:** TAKE OFF ON ONE FOOT INSTEAD OF BOTH AND STEP INTO SQUAT

LAYER 2 COACHING TIP

- Speed versus power, drive long out of the legs in the Jump as soon as feet touch down, fast shuffle back
- Stay low and drive
- Drive off the ball of your foot

SQUAT BURPEE WITH WIDE KNEE TUCK

- Feet wide
- Use Squat to transition
- Chest up
- Abs braced as feet jump back
- Jump feet in wide

TUCK

- Feet wide
- Tuck jump feet to butt
- Bend knees to land

⇓ **OPTION:** WALK BURPEE AND STRAIGHT-LEGGED JUMP INSTEAD OF TUCK

LAYER 2 COACHING TIP

- Brace core to transition fast between the Burpee and Tuck
- Drive knees high and wide

JUMP LUNGE

- Bend knees on landing
- Hips square
- Chest up

⇓ **OPTION:** BACKWARD-STEPPING LUNGE

3

Coach Calls

MUSIC EXERCISE

0.00 Set up track and demo Block 1 exercises:
Lateral Shuffle (x2), Tap Floor (L+R), Frog Jump

BLOCK 1

0.24 Coach will call out exercises at random:
Lateral Shuffle (x2), **Tap Floor** (L+R)
Frog Jump

1.24 Recovery. Demo Block 2 exercises:
Squat Jack with Hands Over Head, Switch Climber (L+R)

BLOCK 2

1.50 Coach will call out exercises at random:
Squat Jack with Hands Over Head
Switch Climber (L+R)

2.50 Recovery

TRACK SETUP

Coach Calls – this training block focuses on reactive training: two 1-minute rounds of work with 2 moves each set. The coach calls the shots and will call out either move at random. The challenge is how quickly the class can react to each move change.

COACHING TIP

It's not enough just to say 'Coach Calls' and show the 2 moves in your intro. Clearly explain that the aim of this exercise is to see how quickly the class can change between the 2 moves. Do the first few reps with them, demonstrating the speed in which to change between moves so there is no confusion about the track objective. Don't forget – all Layer 1 cues still need to come in first. Watch how Petter takes the changes between moves slower in the first quarter of each track to highlight technique and safety before he loads the intensity.

CONNECTION

Coach Calls are like the 'Simon says' of GRIT and this is the fun track. Start easy with the team and mix up the moves slowly. Once the team has a feel for it, layer in the fun quick changes. Try to catch them out or make it a game. An example may be: who can get up and down first, right side vs left side. Coach Calls are a great way to show some diversity in your coaching style and to mix up the feel of teaching. As mentioned above, GRIT is already hard enough and the best connection and enjoyment can come from tracks like Coach Calls.

DRIVE

The sets are short so that the group can give max effort in these 2 rounds. Once the team has been smashed from the first set, use the fact that there is only 1 minute to go as your tool to keep their minds on the game. See how Petter really emphasizes the "one more round, 1 minute and we're done". After the first round let them know you're going to challenge them by making the calls quicker to set the speed objective then unleash. Petter does this really well when he acknowledges the increase in intensity by saying "I'm getting mean now". Don't be afraid to see how fast you can get your team 'popping'.

HIIT SCIENCE

This sequence trains reaction speed and agility as we transition from a standing exercise to a floor exercise. These combinations integrate many muscle groups – driving the energy demand sky-high.

NEW MOVE

LATERAL SHUFFLE, TAP FLOOR

- Lateral Shuffle (x2). Tap floor using outside hand (L+R)
- Feet outside hip-width
- Chest up on Touch Down
- Abs braced
- Knees soft

↓↓ **OPTION: LATERAL SHUFFLE WITH SQUAT, NO TOUCH TO FLOOR**

LAYER 2 COACHING TIP

- Bend knees and stay low to move faster

FROG JUMP

- Start in Plank position, jump knees in to 90 degrees and back to Plank
- Abs braced – hips down

↓↓ **OPTION: WALK FEET IN AND OUT**

LAYER 2 COACHING TIP

- Push palms into floor and shoot feet out to Plank
- Knees stay close to the floor – keep head still

NEW MOVE

SQUAT JACK WITH HANDS OVER HEAD

- On the balls of feet, jump in and out fast with hands over head
- Chest up
- Knees soft

↓↓ **OPTION: JUMP JACK**



LAYER 2 COACHING TIP

- How fast can you jump your feet in and out?



NEW MOVE

SWITCH CLIMBER

- Start in Plank position, jump alternating feet to the outside of the hand
- Whole foot to Touch Down
- **Abs braced**
- **Back straight**
- **Knees to 90 degrees**
- Hips down



⇓⇓OPTION: SIDE TAP IN PLANK

LAYER 2 COACHING TIP

- Lock hands into floor and keep upper body solid so legs can move faster in Switch Climber

4

Double Super Sets

MUSIC	EXERCISE
0.00	Set up first combination of exercises: High Knee Run (x8), Tuck Jump (x1), Donkey Kick Pushup
	SET 1
0.31	High Knee Run (x8), Tuck Jump (x1)
1.01	Donkey Kick Pushup
1.31	Recovery. Set up second combination of exercises: Side Step with Block Jump (L+R), Power Thruster Burpee
	SET 2
1.50	Side Step with Block Jump (L+R)
2.20	Power Thruster Burpee
2.51	Recovery
3.10	REPEAT SET 1
4.10	Recovery
4.28	REPEAT SET 2
5.31	Recovery

TRACK SETUP

Double Super Sets – 4 rounds, 1-minute each, 2 moves back-to-back for 30 seconds. Clearly set up both moves in Block 1 rather than halfway through the track. This will prevent a break in workout momentum during sets.

COACHING TIP

New moves such as the Donkey Kick Pushup and Power Thruster Burpee need to be coached correctly. Check how Marcus starts with a normal Pushup in Set 1, then layers in the Donkey Kick option. Although the Donkey Kick is 'easier than it looks', members may be hesitant to try it. It's important to get participants moving at high intensity first, which is why Marcus introduces the Donkey Kick halfway through the set as an "extra challenge". This is a great tool to remember, especially if there are lots of new participants in the class. You'll notice Petter used this format also when introducing the Squat to Wide Knee Tuck in the second Pyramid challenge.

CONNECTION

One-minute sets provide sufficient time to drive Layer 2 objectives.

Great for coaching purposes, Layer 2 is also an effective way to get participants more connected to the workout. Creative language and phrasing for a speed focus will immerse members in the scene!

Marcus does this really well in Track 4, Round 2; 8 High Knees with a Tuck Jump. He encourages the group to "think like a sprinter, sprint as fast as you can, then use your knees to drive up". Clear cues and objectives can take the team into a better mindset and training zone where they will push harder for longer. Once encouraged to move like a sprinter, the intensity shifts to the next level throughout the group. This is why Layer 2 is so effective in achieving results. Encouraging members to respond to Layer 2 will help them take their workout to the next level.

DRIVE

Integrating the upper and lower-body exercises (from High Knee Runs to Pushups) means intensity should be high for the whole minute. Don't let the team pull back in the second set of 30 seconds because the legs work while the arms recover, and vice versa. The benefits 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! They want to know why they are pushing themselves and what they are getting out of the workout!

HIIT SCIENCE

These sets combine a lower-body speedy move with a core/upper-body move. Flipping the muscle focus allows us to condition the whole body while maintaining maximum intensity for the whole minute.

HIGH KNEE RUN (X8) TUCK JUMP (X1)

- Chest up
- Arms driving forward
- Absorb landing in Squat
- Knees wide in Tuck
- Bend knees on landing

**⇓ OPTION: JOG OTS WITH
STRAIGHT-LEGGED JUMP**

LAYER 2 COACHING TIP

- Drive your knees up like a sprinter and use your abs to drive knees into chest



NEW MOVE DONKEY KICK WITH PUSHUP

- Start in Plank position
- Both feet take off
- Jump knees into chest then shoot feet out into Pushup
- Abs braced
- Chest to elbow-height in Pushup

⇓ **OPTIONS: PUSHUP, NO DONKEY KICK/PUSHUP ON KNEES**

LAYER 2 COACHING TIP

- The stronger your core, the faster you will be able to jump into the Pushup



NEW MOVE POWER THRUSTER BURPEE

- Start in Plank position
- Jump both feet into Wide Squat
- Lift hands off floor and finish in Squat position with hands and chest lifted
- Feet wide
- Chest up
- Abs braced on transition

⇓ **OPTION: STEP FEET INTO SQUAT**

LAYER 2 COACHING TIP

- Brace core tightly and push the floor away



SIDE STEP WITH BLOCK JUMP (L+R)

- Bend knees to land
- Abs braced
- Knees soft
- Chest up

⇓ **OPTION: SIDE STEP TOUCH (STAY LOW TO LOAD LEGS) WITH CALF RAISE**

LAYER 2 COACHING TIP

- Brace core between lateral and vertical jump to transition into the move quicker

5

90-Second Challenge: 10, 8, 6, 4

MUSIC	EXERCISE
0:00	Set up track and demo exercises: Air Jack (x10), Skater (x10)
	90-SECOND CHALLENGE
0.19	Air Jack (x10), Skater (x10) After 10 reps of each exercise, repeat with 8, 6, 4 then start again at 10 reps
1.49	Recovery

TRACK SETUP

Time to drive it home! 90 seconds of pure speed focus and nailing as many reps as possible. This is the perfect duration to push into maximum training zones and get results! 2 moves, 10 reps of each, then 8, 6, 4 and back to the top.

COACHING TIP

The aim is to complete as many rounds as possible in 90 seconds. You do not have a lot of setup time so watch how Ben does it in the masterclass: short, sharp and to the point. The urgency and short duration of the track means that you need to deliver Layers 1 and 2 with no fluff. Example: rather than saying "OK, now I need you to keep your chest up," Ben just says "chest up." Apply this practice to all tracks; it's more direct and hits home faster.

CONNECTION

The team is smashed so this intro needs to blow the roof. No holding back! Come in hot and lift energy levels for the last big challenge. Energy is infectious; the more you give, the more you get back. The team is physically and mentally fatigued at this point so it's important to be present. Be encouraging and praise the team for all the hard work everyone has put into the last 25 minutes. Let the group know you're smashed too; this is a team effort right to the last second.

DRIVE

Keep driving a speed focus and emphasize the conditioning and fat-loss benefits to really give a motivational kicker at the end. As Ben says, "This is where you get fitter; this is where you get faster." Use these benefits to keep the team in the workout even when they want to quit, as this will give them a reason to keep going. Finally, lead by example when it's crunch time. Ben jumps back into the workout and gives 100% all the way to the end. This is the perfect way to lead the pack and encourage maximum success!

HIIT SCIENCE

Explosive training combines speed with muscular force production. This requires the engagement of lots of muscle fibers helping us maximize the training effect.

AIR JACK

- Chest up
- Abs braced

⇓ OPTION: JUMP JACK

LAYER 2 COACHING TIP

- Spend the least amount of time on the floor as possible

SKATER

- Knees bent
- Chest up

⇓ OPTION: STEP TOUCH SIDE TO SIDE (STAY LOW)

LAYER 2 COACHING TIP

- Push out of your heel and stay low

6

Core

MUSIC	EXERCISE
0.00	Set up track and demo the first exercise: Plank with Arm Extension (45° angle) Leg Extension added after 8 reps
0.16	Plank with Arm Extension 8/8 (L+R)
0.49	Plank with Arm and Leg Extension 4/8 (L+R)
1.05	Plank with Arm and Leg Extension – longer hold 2/16 (L+R)
1.25	Crunch with Arm and Leg Extension
2.10	Plank with Arm and Leg Extension – longer hold 6/16 (L+R)
2.59	Recovery

TRACK SETUP

Take a minute to 'chill', reflect on how awesome the team has been and encourage them to stay in it for one more track. The Core track is really important but doesn't need to be taught as if you're still in HIIT training.

COACHING TIP

This Core track is challenging, so ease the team into the Plank Extension and encourage them to hold it for as long as possible.

CONNECTION

Don't come in too strongly; your coaching in this track should be less intense than in previous tracks. The team is still recovering from the 90-Second Challenge! You could change the language to be more relaxed. The Core track is a great time to start praising everyone for all the hard work they have put into their workout and this will provide encouragement to see the last track though to the end.

DRIVE

Core work sets the foundation for any move we do. Physical strength starts in the core. Your abs stabilize the rest of your body as they allow your body to move as an integrated unit. Core training is a fundamental part of fitness training. A strong core will improve your overall athletic performance, which is why it's so important that we educate and encourage our members to stay for the last track.

HIIT SCIENCE

Athletes look to optimize efficiency by keeping their mid-section stable as they move with speed. Having a strong core is the key to this control.

PLANK WITH ARM AND LEG EXTENSION

- Abs braced
- Hips square to floor
- Back long and straight
- Shoulders square



⇓ **OPTION: ON KNEES**

CRUNCH WITH LEG AND ARM EXTENSION

- Abs braced to keep lower back toward the floor as you extend
- Ribs to hips to crunch
- Chin tucked in

⇓ **OPTION: KNEES BENT, FINGERTIPS TO TEMPLES**

TRACK		ARTIST	
1	Radio © 2015 Les Mills Music Licensing Ltd. Written by: Shatkin, White, Warner, Wade	World West	3:00
2	On Fire © 2015 Les Mills Music Licensing Ltd. Written by: Armata, Carmody, Anes	Vending Pride	2:15
	Let It Go © 2015 Les Mills Music Licensing Ltd. Written by: Bay, Barry	The Albert Domain	1:20
	Want 2 © 2015 etcetc Music Pty Ltd. www.etcetc.tv Licensed courtesy of etcetc. Written by: Sewell, Hughes, East	Kilter	2:10
	On Fire © 2015 Les Mills Music Licensing Ltd. Written by: Armata, Carmody, Anes	Vending Pride	2:15
	Let It Go © 2015 Les Mills Music Licensing Ltd. Written by: Bay, Barry	The Albert Domain	1:20
	Want 2 © 2015 etcetc Music Pty Ltd. www.etcetc.tv Licensed courtesy of etcetc. Written by: Sewell, Hughes, East	Kilter	2:30
3	Perception © Terrorhythm Recordings 2015. Written by: Van Laethem, Dekeersgieter	Laetho & Abu Simbel	3:10
4	The Others © 2014 ONELOVE. Written by: Ehlers, Then, Peters	Slumberjack feat. KLP	1:50
	Illusion © 2015 Next Wave Records. Written by: unknown	Coyote Kisses	1:20
	The Others © 2014 ONELOVE. Written by: Ehlers, Then, Peters	Slumberjack feat. KLP	1:20
	Illusion © 2015 Next Wave Records. Written by: unknown	Coyote Kisses	1:20
5	Kuaga © 2014 Cr2 Records Ltd. Written by: Fulton	Pierce Fulton	1:50
6	Monster © 2015 Renowned Records/Full + Bless. Written by: unknown	Jacob Banks	3:00
OUTRO	ATLiens © 1996 Arista Records, LLC. Under license from Sony Music Commercial Music Entertainment. Written by: Benjamin, Patton	OutKast	0:30

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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.

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